

EMPLOYEE ASSISTANCE PROGRAM

SUPPORT & SOLUTIONS FOR EVERYDAY LIFE

PROFESSIONAL CARE AND SUPPORT

Sometimes, a particular concern becomes too much to handle alone, and it begins to affect work, family and personal well-being. That's when some professional guidance can help. The EAP provides short-term counseling. Our licensed and highly skilled counsellors are ready to help with a wide range of personal issues, including:

- stress about work
- relationship difficulties
- parent /child conflicts
- depression
- substance abuse
- other emotional concerns

NO ISSUE TOO BIG OR SMALL

The EAP helps with all kinds of issues, large and small, that can affect your health and happiness, as well as your work and family life. Whether you'd benefit from a one-time consultation or ongoing support we're just a call away.

YOUR CONCERNS ARE YOUR BUSINESS

Your participation with the EAP is voluntary and confidential. No one will know you're involved, including your employer, unless you choose to tell them.

AND IT'S FREE

There is no cost to employees, household members or dependents for use of our EAP services.



WE'RE HERE WHEN YOU NEED US - GET STARTED TODAY

Call our nationwide toll-free number: **1.800.327.7272** to speak confidentially with a counsellor who cares and is professionally trained to assist you. We're available 24 hours a day, seven days a week.

ADDITIONAL COMPONENTS OF THE EAP

- Medical Advocacy
- Financial Consultation
- Legal Consultation
- Video Counseling
- Life Coaching
- Work/Life Resource and Referral
- Home Safe
- Personal Assist
- New Website with Mobile App!

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Help is Available 24/7/365



WWW.LYTLEEAP.COM **PASSWORD: acshic**