



EMPLOYEE ASSISTANCE PROGRAM



Appointments are available **in-person, through video conference or by phone.**



Call or Text **800.456.6327**

Download the **Perspectives Spark App** and use the 'Get Help' option to submit a contact request.



Use the "Live Chat" feature on your Perspectives Online Portal to **instant message** with a counselor 9am-5pm CST Monday-Friday.

We offer confidential assistance to you and your family. Your personal information is not disclosed to anyone unless you provide written consent or as required by law.

The Perspectives Employee Assistance Program services are provided at no cost to you. Your employer provides Perspectives EAP as a benefit because they value you. If we refer you to an outside resource for additional support, we'll advise you about potential costs and whether they may be covered by your insurance.



We want you to think of Perspectives as the “Everyday Assistance People.” The EAP provides support, counseling and resources for life issues. We prioritize your wellbeing so you can focus on the people and things you value most. Our services are free, confidential and available when you need them.

Whether planning for retirement or college, navigating a divorce or covering tuition costs, at some point in life, we all find ourselves in need of legal or financial advice.

Perspectives legal and financial services provide access to specialists who will help you understand your options and point you in the right direction. If you require an attorney, you will be given a referral to our network that includes a FREE 30 minute consultation and 25% reduction in attorney fees beyond the initial consult.

Additional services provided by the EAP include an online resource portal, as well as access to convenience services and specialists who assist families with child and eldercare questions. Our national network of pre-screened child and eldercare providers helps you take care of the people you care about most.



We have experts ready to help with a variety of issues:

- ▶ Alcohol and Drug Abuse
- ▶ ADD
- ▶ ADHD
- ▶ Addictions
- ▶ Adoption
- ▶ Anger Management
- ▶ Anxiety
- ▶ Budgeting
- ▶ Child Care Resources
- ▶ College Planning
- ▶ Coping with Change
- ▶ Depression
- ▶ Divorce
- ▶ Domestic Violence
- ▶ Eating Disorders
- ▶ Effective Communication
- ▶ Elder Care Resources
- ▶ Emotional Issues
- ▶ Family Dynamics
- ▶ Financial Resources
- ▶ Grief
- ▶ Legal Resources
- ▶ Leisure Travel Time
- ▶ Marital and Couples Counseling
- ▶ Mental Health
- ▶ Parenting
- ▶ Pet Care Resources
- ▶ PTSD
- ▶ Relationships
- ▶ Stress

Log in to your WorkLife Online Portal for access to online resources and information:

Username:

Password: perspectives