



Telephonic Employee Assistance Program (TEAP)

Our EAP is just one phone call away. When life concerns affect you, it's important that you have someone to talk to, who understands and can help identify solutions. That is exactly what our Employee Assistance Program (EAP) is all about. Our Specialists are available to you over the phone at any time day or night to provide a solution focused consultation. Let us help you:

- Define your specific needs
- Clarify goals
- Explore attempted solutions
- Develop a plan of action
- Identify activities and resources to support your goals and achieve resolution

With the EAP, you have convenient access to telephone sessions with a licensed clinician, and options beyond traditional medical and behavioral resources. Our clinicians work with you until the issue is resolved and can provide follow-up consultations. In addition, you have access to interactive, self-help tools, and articles at liveandworkwell.com.

As the Telephonic EAP helps you deal with stress, emotional and relationship problems, it will improve your total health and productivity.

Free. Confidential. All day, every day.

Contact us anytime
you need help with any
of life's concerns

1-866-248-4096

or log on to
liveandworkwell.com

Access Code: CCCSIG

TDD/TTY: Dial 711 and enter the toll-free
number listed above.

