Employee Assistance Program

Work-Life Consultation and Referral Services

Do you find yourself distracted by personal matters that need attention? Expending energy and time researching solutions to these issues cuts into valuable free time and can also impact our ability to be fully present at work. The next time you need to locate an electrician, find a new apartment, select a preschool, or find a dog walker, turn to your Employee Assistance Program (EAP). These are just a few examples of the types of issues we can help solve.

Acentra HEALTH

What You Can Expect from the Program

Work-Life Specialists provide guidance, referrals, and resources depending on your area of need, all at no cost. For example, if you want to make your home safe for your aging parent, an Eldercare Specialist will discuss your goals, provide information for consideration, and match you with a list of up to three services that provide in-home evaluations and recommendations. Supplementary materials such as checklists and tip sheets are also provided.

Services are available for a wide range of work-life concerns, such as the following.

Caregiver Resources
- Classes and support groups
- Prenatal care, fertility, adoption
- Caring for a loved one with special needs

Wellness
- Locating doctors and specialists
- Nutrition
- Fitness

Child Care
- Group, family, in-home or after school care
- Summer camps (resident, day, specialty)
- Parenting classes and support groups

Daily Living
- Home improvement/maintenance
- Volunteer opportunities
- Pet services

Elder Care
- In-home, companion, and respite services
- Independent living resources
- Assisted living and nursing home options

Education
- K-12 public and private schools
- In-home and center day care
- Financial aid, scholarships, tutoring

In addition to the consultation and referral service, you have access to practical, relevant, and reliable materials related to work-life topics on your EAP website, including webinars, articles, calculators, assessments, resource locators, and more.

Our Work-Life Specialists are available 24/7/365 to connect you with free, confidential services and resources. Call or log on today to get started.

24/7/365 PHONE:
1.800.999.1077

WEBSITE:
EAPHelplink.com
CODE: EAPNOW

SCAN ME

Scan this QR code using your phone camera to go directly to the EAP website

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