

Worth A Thousand Words

Don't just picture it . . .
experience the freedom
of a life in balance.

Your employer provides you and your family with an Employee Assistance Program that can help you live the life you want. You have free, confidential access to licensed counselors and online resources to assist you with these and other topics:

- Family concerns and issues
- Relationship matters
- Work and career growth
- Mental Health and well-being
- Child care, elder care, and family support
- Referrals to providers, specialists, and resources to meet specific work, life, or caregiving needs

CALL to schedule an appointment with an EAC counselor

TOLL-FREE: **800-227-0905**

LOG ON to the work/life website to access articles, tips, links, and tools.

www.eacworklife.com

USERNAME: _____

E-MAIL the service to request assistance.

employeeassistancecenter@eaccres.com

ASK your HR or benefits manager about additional programs available to you and your family.



EAC
Employee Assistance Center
IMPROVING LIVES AT WORK AND AT HOME