

Trying to Balance Your Work and Family Life?



We Can Help!

Your Health Advocate EAP+Work/Life™ program can help you with real-life issues when you need it most.

Work/Life:

- Balancing Work & Family
- Time Management
- Working with Others
- Occupational Stress
- Career Development
- Workplace Safety/Productivity

Personal Well-Being:

- Anxiety
- Depression
- Relationships
- Family/Parenting
- Stress Management
- Grief and Loss
- Adolescent Issues
- Substance Abuse

Living Resources:

- Financial Help
- Legal Assistance
- Childcare
- Adult Care

Completely confidential, the Health Advocate EAP+Work/Life™ program is paid for by your employer or plan sponsor.

Just Call:
877.240.6863

HealthAdvocate™
Always at your side