

BASIC EMPLOYEE ASSISTANCE PROGRAM



Life's not always easy. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

Experienced EAP Staff

Master's level professionals who can provide assistance for a variety of personal and professional matters.

- Emotional well-being
- Family and relationships
- Legal and financial
- Healthy lifestyles
- Work and life transitions



Benefits that **work**SM

EAP Benefits

- Unlimited telephone access to EAP professionals 24 hours a day, seven days a week
- Telephone assistance and referral
- Service for employees and eligible dependents
- Legal assistance and financial services
 - *Will preparation*
 - *Legal library & online forms*
- Resources for:
 - *Work/Life balance*
 - *Substance abuse*
 - *Dependent and elder care assistance & referral services*
- Access to a library of educational articles, handouts and resources via website

What to Expect

Information gathered by the EAP is *confidential* – the EAP does not communicate with your employer about your situation unless there is a risk of harm to you or others.

Your EAP benefits are provided through your employer. There is *no cost* to you for utilizing EAP services. If additional resources are needed, your EAP will help locate appropriate providers in your area.

Don't delay if you need help. Visit mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.

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