

# Your Employee Assistance Program

## We're Here To Help

The challenges you face each day can overwhelm you. Your home life, your happiness and your performance at work all can suffer.

We can help. Your Employee Assistance Program (EAP) provides confidential support for those everyday challenges, and for more serious problems. It's available around the clock anytime you need it.

### What Can My EAP Do for Me?

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your EAP offers assistance and support for all these concerns and more:

- Depression, anxiety and stress
- Substance abuse
- Workplace problems or conflicts
- Parenting and family issues

From short-term counseling services and referrals to more extended care, your EAP offers just what you need. To find out more, give us a call or visit **[www.liveandworkwell.com](http://www.liveandworkwell.com)**.

If you have an Apple or Android Smartphone download the new liveandworkwell app today!

Connect 24/7 to a real person dedicated to making your life easier.

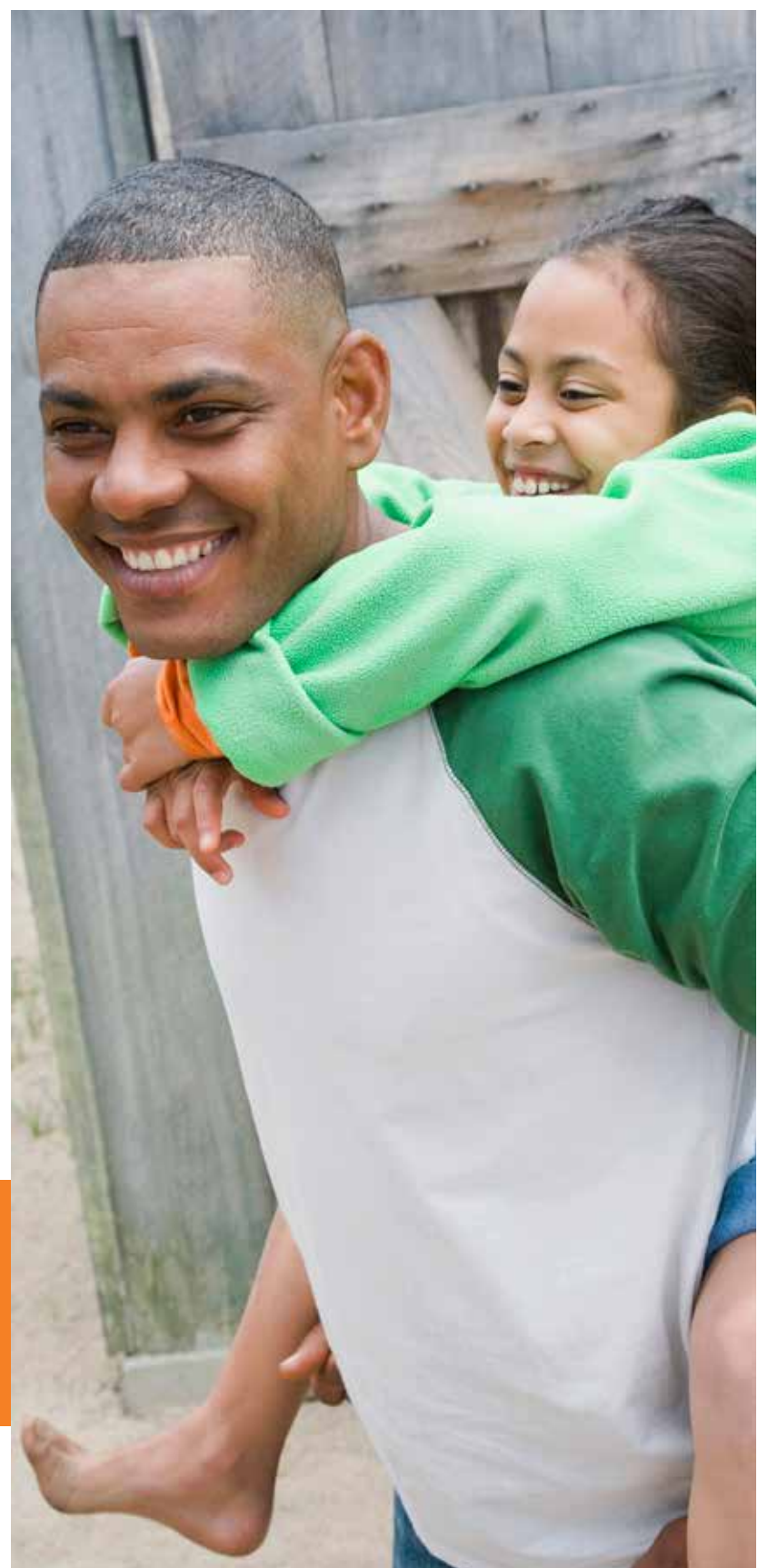
Call toll-free

**(866) 248-4094**

TDD/TTY Dial 711 and enter the number above.

or log on to  
**[www.liveandworkwell.com](http://www.liveandworkwell.com)**

access code: ACBL



We're here to help you and your family with a wide range of personal and work-related needs.