

» Life Advisor EAP

Nothing is as important as family.

Learn the who, what, why & how of your Life Advisor EAP!

WHO CAN USE THE EAP?

Spouses, live-in partner & dependents through the age of 26.

What is the EAP Benefit?



The EAP is convenient, easy to access, 100% confidential & free of cost for:

★ Online Portal

► LifeAdvisor.com

★ Counseling

★ 24/7/365 Crisis Line

★ Work-life Resources

★ Legal/financial
Consultations

★ Coaching

21.4% of U.S. adults

have experienced a mood disorder at some point in their lives.



14.3% of adolescents

have experienced some type of mood disorder.



After working with a marriage/family therapist, **93% had more effective problem-solving tools.**



Approximately **75% of people in counseling** experience benefits like improved symptoms & overall well-being.



WHY IS THIS IMPORTANT? ➡ TO ADDRESS:

Anxiety, Depression, Stress, Anger, Substance Abuse & Non-Substance Use Addictions, Domestic Violence, Couples and Family Counseling, Motivational Coaching, Parenting & Co-Parenting, Caring for Aging Parents, Grief & Loss, Work Issues, Legal & Financial Concerns—**AND MORE!**

HOW CAN I USE THE EAP?



Anyone who has the benefit — employee or family members, can contact us.

The employee's presence is not required:
CALL US ► 800.448.8326. Please provide the company name and site location of the employee with EAP benefits.