

EMPLOYEE ASSISTANCE PROGRAM



Life is busy. When you need more resources to manage it all, our Employee Assistance Program (EAP) professionals can help. The EAP provides information, guidance and support to help you and your family reach your personal and professional goals, manage daily stresses, and develop fulfilling relationships. You can access a counselor for 6 face-to-face visits or 6 telephonic visits—whichever is most convenient for you.

The EAP is here to help

You don't have to handle your concerns on your own. It's OK to ask for help. In fact, seeking help early enables you to take immediate control of your situation and can prevent small issues from turning into big problems. EAP counselors are available 24 hours a day, seven days a week. Whether your concern is big or small, don't hesitate to call.

HOW CAN THE EAP HELP YOU?

Call the EAP for guidance and support managing work and life, including:

- Achieving personal goals
- Finding care for an aging relative
- Sorting through legal matters
- Resolving conflicts
- Improving health such as weight loss, stress management, or quitting smoking
- Planning for a strong financial future
- Strengthening relationships
- Improving communication skills
- Planning for life events such as a marriage or birth of a child

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HOW THE EAP WORKS

- **Access is easy and there's no cost to you.** Whether the issue is large or small, simply call the toll-free phone number on this brochure any time, day or night.
- **Staffed by professionals.** EAP professionals are highly trained and qualified. The information you receive is accurate, up to date, and relevant to your particular circumstances.
- **Your call is private.** Your personal information is kept private as called for by federal and state laws.

ONLINE RESOURCES

Visit the Achieve Solutions website to access articles, videos, calculators, and quizzes to help you improve your health and manage life events. You can also search for service providers in your area.

Topics include:

- Depression
- Strengthening marriage and relationships
- Stress management
- Anxiety
- Conflict management
- Weight management
- Communication

Call for confidential support or information any time, day or night.

1.855.777.0881

www.achievesolutions.net/woodgroup

Privacy is a Priority

The EAP upholds strict privacy standards. Your personal information is kept private as called for by federal and state laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).