

30<sup>th</sup>

# Ulliance

Enhancing People. Improving Business.

No cost and completely confidential

## LIFE ADVISOR EAP®

The Ulliance Life Advisor EAP® is a benefit that employers can sponsor and offer total well-being services to their employees, spouse/live-in partner and dependents under the age of 27 at no cost to the employee.



### Counseling

Counseling is available in-person, video or telephonically with a counselor close to work, home or school. Individual, family and couples counseling are all included. Short-term, solution focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions.



### Coaching

Life Advisor Coaches offer telephonic or video support for individual life enhancement goals, such as education, career advancement, financial or self improvement goals.



### Crisis Support

Mental health professionals are available by phone 24/7/365.



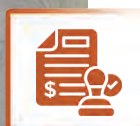
### Referrals

Consultants provide recommendations for resources within the community.



### Work-life Materials

Information on a wide range of work-life balance topics are easily accessed through the EAP portal. Articles, pre-recorded webinars, podcasts and flyers are all at your fingertips for your convenience.



### Legal & Financial Consultations

Ulliance professionals can connect employees with resources to assist individuals regarding legal and financial issues.

