

EMPLOYEE ASSISTANCE PROGRAM (EAP)



Ulliance EAP is a free benefit to you and your family and is totally confidential, beginning with your first phone call. The EAP benefit is available to you, to your spouse or live-in-partner, and any dependent.

Call **1.800.448.8326**, 24/7 with personal concerns, including:

- Personal and work stress
- Alcohol and drug abuse
- Family, child and parenting concerns
- Emotional difficulties—i.e., depression/anxiety
- Grief, loss, and death
- Legal and financial referrals
- Interpersonal relationships at work
- Marital or relationship concerns
- Goal setting and coaching
- Elder/child care referrals

WORK-LIFE RESOURCES

You have access to free brochures, pamphlets, books and CDs on a variety of topics by visiting:

www.lifeadvisoreap.com

Username: The Christman Company

City: Lansing

- Money & debt
- Stress management
- Getting in shape
- Creative problem solving
- Ergonomics
- Parent & step parenting
- Child care
- Overcoming anger
- Save your relationship
- Elder care

Ulliance is proud to offer you FREE access to the Working Advantage members-only program! This unique program gives you access to exclusive discounts and special offers to theme parks, shopping, movie tickets, hotels, Broadway shows and much more—with savings up to 60% off! www.workingadvantage.com/ulliance.

TOOLS YOU CAN USE

To serve your individual needs, Ulliance can also find information and resources in your area to address your specific questions—including finding referrals outside the EAP to Lawyers and Financial resources. You can also check out Ulliance's website for a wide variety of articles, list of services and links to other websites.