

20 ways to use your Employee Assistance Program (EAP)



You've got a lot on your plate. Sometimes it can feel like you have to do it all, all by yourself. But you're not alone.

We're here for small issues, big problems and everything in between. Check out this list of reasons people often contact us.

We can help you and your family members with:

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|---------------------------------------|----------------------------------|---------------------------------------|
| 1. Managing stress | 8. Growing your confidence | 15. Grieving a loss |
| 2. Parenting | 9. Managing anger | 16. Caring for elderly family members |
| 3. Building closer relationships | 10. Being assertive | 17. Meeting your goals |
| 4. Improving your finances | 11. Planning for your estate | 18. Having a legal consultation |
| 5. Coping with anxiety and depression | 12. Coping with substance misuse | 19. Getting out of your comfort zone |
| 6. Dealing with illness | 13. Balancing life and work | 20. Getting the life you want |
| 7. Finding childcare or summer camps | 14. Saving for your future | |

You can call us for free assistance 24/7/365.



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