Your EAP Benefit Summary

For Employees and Family Members

Each of us encounters personal problems from time to time. And that is why we partner with Public Safety EAP to provide you with the best possible solutions for issues you or one of your family members may face. **Your EAP is here to help.**

i **The following FREE benefits are available on a CONFIDENTIAL basis.**

COUNSELING BENEFITS
Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/family, depression/anxiety, grief and more.

PEAK PERFORMANCE COACHING
Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

TRAINING AND PERSONAL DEVELOPMENT BENEFITS
Online Training options designed to help you grow and develop both at work and in your personal life. Some of the topics covered are: budgeting, debt, communication, stress management, team building and emotional intelligence.

SELF-HELP RESOURCES
Self-help Resources give you access to a collection of thousands of tools, videos, financial calculators and informative articles covering virtually every issue you might face, including adoption, relationships, legal, financial, cancer and more.

WORK/LIFE BENEFITS
Assistance for financial, legal, and child & elder care.

PERSONAL ASSISTANT
Help for everyday issues, including finding a local medical or dental provider, summer camp options and more.

WELLNESS BENEFITS
Videos and resources to improve you and your family's overall health, including fitness, diet and tobacco cessation.

LIFESTYLE BENEFITS
Discounts to help with fitness, nutrition and weight management.

Contact the EAP toll-free at **888.327.1060.** All calls are **CONFIDENTIAL** and answered by a Masters or Ph.D. level counselor; your counselor will work with you on a plan beginning with the first call. Or go to **www.PublicSafetyEAP.com** and create a username and password.

We're Here for You and Your Family Members!