

Explore the **EAP** Ulliance

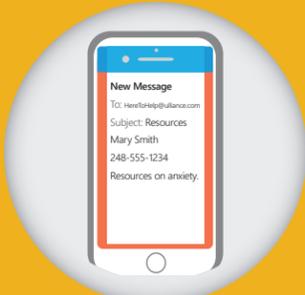
Enhancing **People**. Improving Business.

Whatever challenges you may be facing – parenting, eldercare, or your own personal struggles – Ulliance can help you find more information about your presenting concerns and point you in the right direction to get the assistance you need. **Here is how to explore & connect with us!**



CALL US

Simply pick up your phone and call
800.448.8326.
Talking helps!



EMAIL US

HereToHelp@ulliance.com
Your full name -
Best phone number to reach you -
Detailed request info



LOGON

Logon to the **LifeAdvisor.com** either on your phone or computer & start exploring!



How can Ulliance help?

Ulliance offers free, confidential support and resources such as:

- Counseling to help you manage stress, depression and anxiety & to build your confidence.
- Coaching as a tool to help you proactively address goals such as problem solving & developing coping strategies.
- Resources on stress management & anxiety

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