



Life Advisor EAP Services

*Confidential and Free Support
For Employees and covered Dependents of*



**Ulliance Life Advisor
Consultants are
available 24/7!**

Your Life Advisor Consultant can:

- Explore your unique work-life balance needs and identify the right Life Advisor services to support you
- Schedule you to see a local Ulliance EAP therapist –close to where you live or work *at no charge* to you or your covered dependents
- Provide you with immediate telephonic support for pressing issues
- Assist you by researching information you need for Work-Life Balance

1-800-448-8326

www.LifeAdvisorEAP.com

Counseling Services

- Face-to-face or phone sessions with a licensed counselor close to work or home
- 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 Services

- Telephonic sessions with a counselor
- Support and motivation to achieve a work-life goal such as education, career advancement, financial or savings goals, or self-improvement goals, such as weight loss

Support for Your Family

- Couples and Family counseling services
- Counseling and crisis support for your spouse and dependent children

The Life Advisor Monthly Employee Newsletter

- An electronic monthly publication with information and resources on a variety of work-life concerns, such as relationships, substance abuse and goal setting

Work-Life Materials

- Books and CDs on a wide variety of work-life topics mailed directly to your home at no cost to you

We are Social!

- Follow us on Facebook, Twitter, LinkedIn, Instagram and Pinterest to receive real-time information, articles, tips and inspiration for living a healthy and balanced life

Life Enhancement Resource Center

- Anytime access to articles, resources, healthy-living tips, as well as our orientation videos
- Log-in at: www.LifeAdvisorEAP.com
- Name of Employer: FPS
- City of Employment: Farmington