



## Employee Assistance Program – Services

ULLIANCE is a benefit offered by your company to their employees. This benefit is **FREE** to you and is totally **CONFIDENTIAL**, beginning with your first phone call.

The ULLIANCE benefit is available to you, to your spouse or live-in partner, and any dependent children you may have, whether they live with you or somewhere else.

At ULLIANCE we provide what we call “The Four C’s”:

1. **Counseling**
2. **Coaching**
3. **Crisis Intervention**
4. **Community Resource Referrals**

1. **Counseling** at ULLIANCE is short-term, and solution-focused. Individuals, couples and families have been helped by our services. The benefit is renewable, meaning you can return over and over for different issues. All counseling is confidential and free if you are seen by an EAP counselor.
2. **Coaching** is available when you want help reaching a goal or when you want to develop a plan of action and stay on track. Coaching appointments are generally 30-minute phone conversations.
3. **Crisis Intervention** means that we, at ULLIANCE, are available 24 hours a day, 7 days a week, 365 days a year. You will always be speaking with a live person, not being asked by a machine to leave a name and number while you wait for a return call.
4. **Community Resources and Referrals** can make your life easier! ULLIANCE can assist you in finding these resources or you can login to our website for articles, services, assessments / tools, and more, on many different subject areas, including childcare, eldercare, legal referrals, and financial referrals.

We invite you to access any of the above services at ULLIANCE. Just tell us what you are looking for!

**1-800-448-8326**

**[www.ulliance.com/eap](http://www.ulliance.com/eap)**