

Whether you need support to cope with a stressful issue or resources to make your work/life run more smoothly, Health Advocate's experts are standing by to help. Here's what to expect when you reach out:

When You Need Counseling Support



- Confirm your contact information
- Review the confidentiality guidelines and your EAP+Work/Life benefits
- Assess for safety concerns, such as your risk of harm to yourself or others, domestic violence, abuse, drug or alcohol issues
- Gather information about your reason for requesting counseling such as:
 - Stress, anxiety, depression
 - Family, relationship, and parenting issues
 - · Financial and job pressures
 - Grief, loss and anger
 - Substance abuse
- Determine what type of counseling may work best for you (individual, family or couples)* and what counseling options are available
- Connect you to the right professional to begin counseling sessions*

When You Need Work/Life Resources

- An EAP Work/Life specialist will gather information about your need for childcare, summer camps, after-school care, eldercare, special needs, legal or financial resources, relocation support and more
- Find local resources that meet your needs and check for availability
- Connect you to a legal or financial specialist for a telephone consultation, if needed

Remember, you, your spouse, dependents, parents and parents-in-law are all eligible for the Health Advocate service.

In a crisis, help is available 24/7.



Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/columbuscityschools



^{*} If you need a higher level of care than outpatient counseling, we will help you explore options.