

## Let us help

Your Employee Assistance Program (EAP) provides you with **immediate and confidential** help for any work, health or life concern. We're available anytime and anywhere. Let us help.

**Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.**



1.877.257.5557 TTY 1.877.338.0275



[workhealthlife.com](https://workhealthlife.com)



Download **My EAP** app  
now at your device app store



### Work

- Stress
- Career development
- Conflict and communication
- Performance
- Change
- Work-life balance



### Health

- Mental health concerns
- Addictions
- Diseases and conditions
- Nutrition
- Lifestyle changes
- Sleep



### Life

- Relationships
- Family care and parenting
- Life events
- Grief and loss
- Legal advice
- Financial guidance

