The employee assistance program (EAP) offers counseling, tools, and resources to employees and their family members to address a wide range of problems and issues. Just some of these include:

Adoption
Aging Issues and Elder Care
Alcohol and Substance Abuse
Balancing Work and Family
Cancer, Diabetes, and Other Illnesses
Child Care and Daycare
Children with Special Needs
Consumer Problems and Rights
Debt and Debt Restructuring
Eating Disorders
Education and Tuition Planning
Estate Planning, Probate, and Wills
Family Violence
Financial Planning
Fitness Programs
Gambling Addiction
Health and Wellness
Health Risk Assessments
Homeownership and Mortgages
Interpersonal Skills with Family and Co-workers
Legal Issues and Family Law
Loss and Grief
Mental and Behavioral Health Issues
Nutrition Counseling
Personal Development and Training
Real Estate and Tenant/Landlord Concerns
Retirement and College Savings Planning
Separation or Divorce
Smoking Cessation
Stress and Coping with Change
Taxes and the IRS
Traffic Violations
Weight Loss
Wellness
Wills and other Legal Issues
Women’s and Men’s Health

For more information, contact the EAP at 1-800-252-4555 or www.theEAP.com.