



# Real People, Real Stories

## Resolving Problems Early

Dale and his wife were constantly arguing about parenting their troubled teenage son, making it difficult to focus at work.

The Health Advocate Licensed Professional Counselor helped the couple explore effective solutions and located support services, easing family tensions and improving Dale's ability to concentrate.



Turn to us—we can help.



**877.240.6863**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

Download the app today!



### We're here when you need us most

Your Health Advocate benefit can be accessed 24/7.

### We're not an insurance company

West's Health Advocate's Solutions is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

### There is no cost to use our service

Your employer or plan sponsor offers your Health Advocate benefit at no cost to you.

### Your privacy is protected

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.



## Your EAP+Work/Life Program

offers the right resources to help you and your family find balance and feel more in control, wherever you are in life.

**HealthAdvocate<sup>SM</sup>**

# Stressed? Anxious? Upset?

## Turn to Us Anytime



### The right support at the right time

Your Employee Assistance Program (EAP) provides access to a confidential **Licensed Professional Counselor** to help you work through personal, family or work issues to feel happier and more productive. If needed, we can refer you to qualified professionals for long-term help.

#### We can help you:

##### Identify issues and provide practical strategies

- Relationship issues – family/parenting/marital
- Job issues – burnout, coworker conflicts

##### Build coping skills to support emotional/mental health

- Depression, anxiety, anger, grief, loss, addiction, substance abuse
- Life challenges and setbacks

##### Connect to the right support resources

- Find services from childcare to eldercare, and more
- Legal/financial consultation and services

**You can conveniently consult with us anyway you like—  
in person, by phone, or chat.**



...Plus easy access to your comprehensive website and mobile app for articles, tips, webinars, and tools

### Find balance across the lifespan

Whether you are just starting out in your career or nearing retirement, we can help you address concerns and put you in touch with the right experts and resources to help make your life easier, no matter what you are going through.

#### Personal

- Emotional/mental health
- Time management
- Life transitions
- Personal trauma
- Bereavement
- Domestic violence
- Dependency/addiction
- Communication difficulties
- Harassment

#### Legal

- Divorce
- Child custody
- Real estate
- Wills, trusts
- Identity theft

#### Family/Relationships

- Childcare services
- Summer camps
- Eldercare services
- Caregiving
- Special needs
- Parenting
- Adoption
- Teen issues
- Family relocation

#### Financial

- Debt
- Credit issues
- Bankruptcy
- Retirement planning
- Taxes

## We help support **your life**

- Short-term counseling
- Work/life balance support
- Address mental health
- Find childcare, eldercare



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