














**LIFESTYLE EAP**  
Wellness at Work

*Empowering employees to lead happier, healthier lives.*

At Lifestyle Employee Assistance Program we understand that everyone is affected by life-changing issues. As an employer-sponsored service, Lifestyle EAP provides **confidential counseling** and a broad range of services to help guide you and your family toward better health, wellness and life balance.

Face-to-face and virtual counseling sessions are available to provide a **confidential assessment, short-term solution focused counseling, referral assistance, and support** when experiencing life changing events such as substance abuse, family or marital concerns, psychological or emotional upset, financial or legal problems. Lifestyle EAP offers **24/7/365 phone support from licensed mental health professionals** through our EAP line at **800.989.3277**.

**Lifestyle EAP offers:**

-  24/7/365 telephonic support from licensed mental health professionals
-  Solution-focused counseling
-  Management tools and consultations
-  Eldercare resources and referrals
-  Childcare resources and referrals
-  Identity Theft Recovery and Prevention
-  Legal consultations
-  Financial consultations
-  Interactive website
-  Critical Incident Stress Management
-  Wellness Seminars

**Call Lifestyle EAP at 800.989.3277 or  
Visit [www.lifestyleeap.com](http://www.lifestyleeap.com)**