



## VITAL WorkLife Employee Assistance Program

### VITAL WorkLife EAP Fast Facts

It is apparent that day-to-day pressures are increasing for the vast majority. Divorce, career burnout and stress related illnesses are at all-time highs. Many of us are facing stressful issues that may include issues with work, marriage, children, aging parents, drug and alcohol abuse, financial strain and/or legal concerns. These issues can affect both emotional and physical well being. VITAL WorkLife can help you address any of life's challenges.

#### Your EAP is a Free Benefit

There are no out of pocket costs for the EAP services. Your company pre-pays for the service for all employees and their family members.

#### Family Members are Eligible

Any family member whose personal concern is impacting the employee is eligible to use the EAP services. Family member is defined as anyone in the family including spouse, significant other, brother, sister, parent or adult child. The family member does not need to be a dependent of the employee, live in the same household or even be in the same state, VITAL WorkLife consultants are nationwide.

#### Your EAP is Confidential

Your use of this service and the information you share is confidential. No one at work will be informed of your call, and no one can obtain the information you share with a consultant without your written consent, except when your safety or the safety of another individual may be at risk.

#### What does the EAP offer?

The EAP provides coaching and counseling for a wide variety of concerns. Services provided include: face-to-face counseling sessions per incident per family, unlimited 24/7 live telephone support, legal and financial assessment and referral as well as identity theft prevention & support and robust online resources.

#### Your EAP is Professional

You will be working with a professional. VITAL WorkLife maintains high standards of education, experience and professionalism for our consultants. All of our consultants, whether you speak by telephone or face-to-face, have achieved, at a minimum, a master's degree in a helping profession. Furthermore, you are able to customize your experience by requesting to speak with either a male or a female consultant, choose phone or in-person consultation or select support close to home or work — we are here to meet your needs.

#### What can I Expect?

You can expect the following:

- Listening without judging
- Help understanding & defining concerns, exploring options, recommendations & resources
- Assistance in determining the seriousness of your situation and help in addressing & resolving your concerns

30-015-0218