

Employee Assistance Program

When you or your family need useful ideas, lifestyle coaching, helpful resources or reliable professional care, **LifeMatters®**, your EAP and Work/Life Service, is just a phone call away, and is available on a live basis, 24/7.

When you call, a **LifeMatters®** professional will speak with you about your concerns and offer a variety of services, including:

Telephone and face-to-face counseling services for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Crisis situations
- Any other personal or workplace concern

Work/life resources and referrals for:

- Child care providers and needs
- Elder care resources and programs
- Health and wellness resources
- Other work/life balance concerns

Financial consultation with a certified financial counselor for:

- Budgeting
- Credit report review or correction
- Information on mortgages, loans, and other financial arrangements
- Debt management and consolidation
- College or retirement planning

Legal consultation with an attorney (over the phone or in-person) for:

- Consumer law
- Traffic citations
- Family law
- Estate planning
- Other personal law issues

Other LifeMatters® Services

The **LifeMatters** website, **mylifematters.com**, offers educational information, self-serve options, and interactive tools.

Services are Free

Services provided directly by **LifeMatters®** are free. If you are referred to outside resources, you will be advised about your costs, if any.

Your Privacy

LifeMatters® is provided by Empathia Pacific, Inc., an independent consultation firm. Your use of this service and the information you share is confidential, except when your safety or the safety of another individual may be at risk.

Ways to contact LifeMatters®

1-800-367-7474 (Toll-Free U.S., Canada, and Puerto Rico)

TDD and language translation services are available.

Visit **LifeMatters®** online at mylifematters.com