

Workplace Solutions – Your Employee Assistance Program

Let **Workplace Solutions** help you develop creative strategies to balance your life and enhance your well-being.



Confidential Counseling

- Family/Relationship Difficulties
- Depression/Anxiety
- Emotional Health/Well Being
- Parenting Concerns
- Stress Related to Work/Home
- Grief/Loss Issues
- Substance Abuse/Dependence
- Effective Communication
- Life Transitions



Work-Life Balance

- Child Care Options
- Parenting Resources
- Tutoring Programs
- Back-up/Sick Child Care
- Health/Wellness Information
- Career Transition Resources
- Lifelong Learning Resources
- Home Maintenance
- Adoption Resources
- Senior Housing Options
- Home Health Care Services
- Pet Care Services



Legal-Financial Fitness

- Divorce/Custody Issues
- Small Claims
- Estate Planning
- Will Preparation Tools
- Real Estate
- Debt Management
- Identity Theft Recovery
- Financial/Budget Counseling
- Credit Report Review
- Financial Planning Resources
- Bankruptcy/Foreclosure

Log in to the Workplace Solutions portal at www.wseap.com. Enter your organization's access code.

Gain access to hundreds of resources including:

- Webinars On Demand
- Work-Life & Legal-Financial resources
- Lifespeak On Demand video resources
- iConnectYou app

EMPLOYEE SERVICES

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For more information visit www.wseap.com or call 877.215.6614.



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