

Practical Solutions for Everyday Concerns

Confidential Counseling

- Anxiety
- Depression
- Emotional Health
- Effective Communication
- Family/Relationship Difficulties
- Grief
- Life Transitions
- Parenting Concerns
- Stress
- Substance Abuse

Work-Life Balance

- Adoption Resources
- Career Transition Resources
- Child Care Options
- Education Resources
- Health/Wellness Information
- Home Health Care Services
- Home Maintenance
- Parenting Resources
- Pet Care Services
- Senior Housing Options

Legal-Financial Fitness

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

RESPONSIVE

Professional counselors are available to speak with you. Our team of caring professionals helps clarify the nature of your concern and presents the best options available to meet your needs.

CONFIDENTIAL

Your confidentiality is protected by federal and state law as well as our professional ethical standards. With very limited exceptions, disclosure of information to any source without prior written consent is prohibited.

24/7 ACCESS

Support is available 24 hours a day, 7 days a week by calling our toll-free number: **877.215.6614**

ELIGIBILITY

Workplace Solutions' services are available to eligible employees and their dependents, as well as the eligible employee's household members.

COST

There is no cost to you or your eligible family members to utilize Workplace Solutions services.

**WE
GOT
THIS.**

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
- LifeSpeak Total Well-being Platform
- LifeSpeak Breathe Platform
- Balancy App

EMPLOYEE SERVICES

Enter access code

Log in

BALANCY

Enter registration code

Download the app
from the App Store
(iOS) or Google Play
Store (Android).



Maximizing Your EAP Resources

Life Coaching

Engage in a thought-provoking creative process with a certified telephonic coach to navigate life's transitions and to maximize your personal and professional potential. An initial 45-60 minute session will start your 6 sessions with subsequent 30 minute follow-up sessions. Available in English and Spanish.

Aware Mindfulness-Based Stress Reduction

Aware is a unique research-based program that is an alternative modality of support for participants experiencing life stress, pain and challenges with focus and concentration. Through 6 weekly telephonic sessions, MBSR-trained health and wellness professionals provide one-on-one support and supply electronic resources for self-guided individual practice. Available in English and Spanish.

In My Hands: Computerized Cognitive Behavioral Therapy (CCBT)

In My Hands is an online self-paced program designed to help improve one's personal well-being, relationships and work and social roles. Seven online CBT sessions are delivered over the course of seven weeks, with scheduled e-mail and/or telephone support from qualified counselors and additional support as needed. Sessions include: Introduction to CBT; Self-Esteem and Thinking Styles; Low Mood and Depression; Stress and Anxiety; and Coping and Resilience. In My Hands makes extensive use of video and other multimedia elements and is easy to use. Currently available in English only.

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Our free app provides information, resources and support at the touch of a button 24/7/365. You can access many program services through the app. The app supports calls, video, IM, text message, and scheduling. Please find your registration code on the front side of this sheet. Available in multiple languages.