

From listening to your child talk about being bullied to witnessing a traumatic event, secondhand stress can affect you, too. If you're finding it hard to stay positive when tough things happen to others, your EAP and WorkLife Services Benefit offers confidential support for managing:

- € Anxiety and depression
- € Parenting and family issues
- € Relationship problems
- € Workplace changes
- € Living with chronic conditions
- € Substance use
- € Child and eldercare support

### What's a clinician?

A clinician may be a psychologist, or master's-level specialist trained in social work, professional counseling or family and marriage therapy.

### How does it work?

A specialist will listen to your needs and connect you to the appropriate resources, whether it's a counselor, mediator, clinician, lawyer or financial advisor. You can take advantage of short-term counseling or get a referral for more extended care. And, we'll try our best to accommodate any gender, language or cultural preferences.

### How much does this cost?

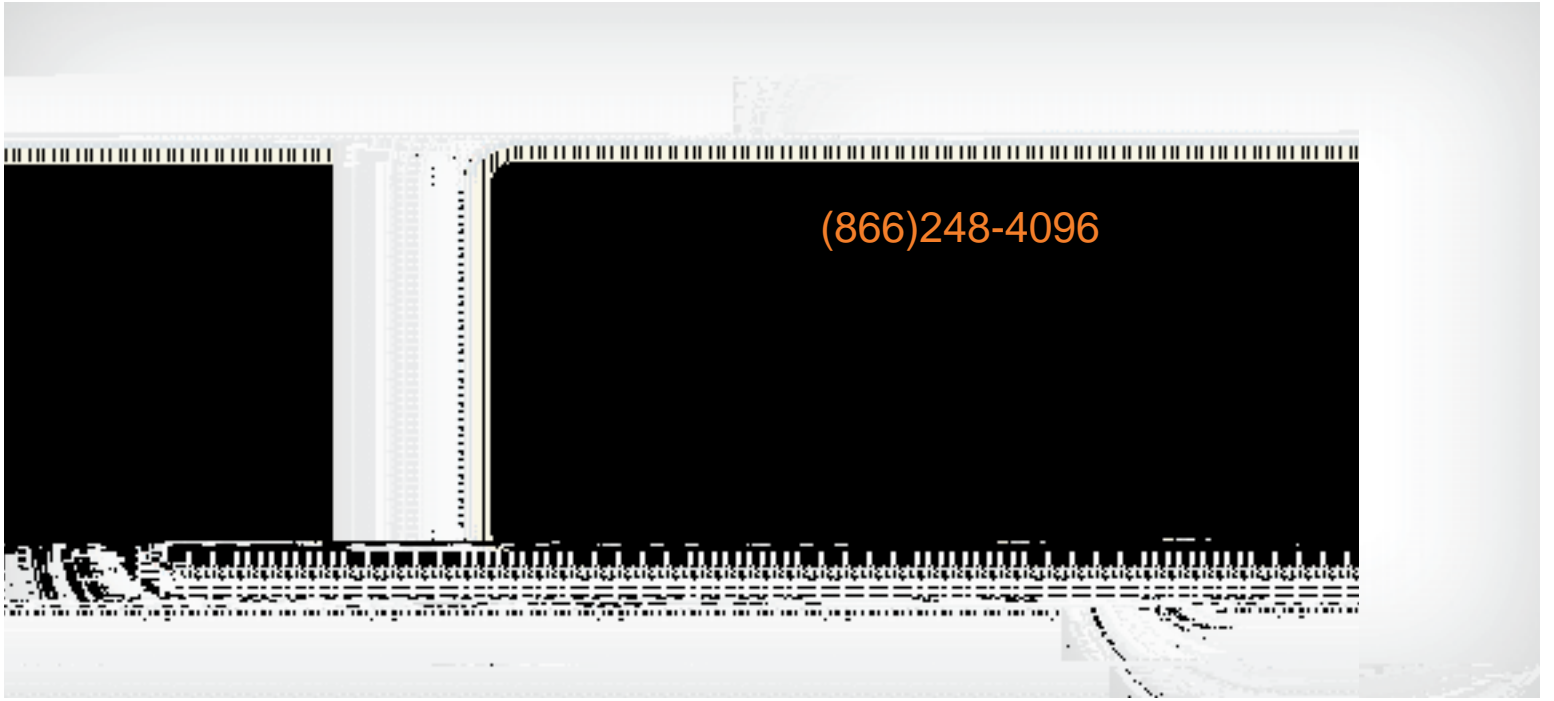
As part of your benefits, EAP and WorkLife services is available at no extra cost to you. This includes referrals, seeing in-network clinicians, access to liveandworkwell.com and initial consultations with mediators or financial and legal experts.

Want to retain a lawyer after your consultation? You'll get a 25 percent discount.

### What other resources are available?

You and your family also have 24-hour private access to liveandworkwell.com. This interactive website offers tools and resources to help you enhance your work, health and life. On the site, you can:

- € Check your benefit information
- € Submit online service requests
- € Search the online clinician directory



\*In California these services are provided by OptumHealth Behavioral Solutions of California.

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