Your Employee Assistance and Adult/Elder Care and Convenience Program offers 24/7 support on all issues you may experience at work or at home. This confidential program is sponsored by your employer and is free of charge to you and your household members.

Below are additional ways your EAP and Adult/Elder Care and Convenience Program can help you become more productive in your daily life.

Benefits of your Employee Assistance Program (EAP)

Your EAP is a network of services including short-term counseling with licensed professionals. Professional Counselors can help you with:

- Stress, anxiety, and depression
- Alcoholism and drug abuse
- Family relationships
- Relationship concerns
- Sleeping difficulties
- Coping with a serious illness
- Eating disorders
- Loss of a loved one
- Anger management
- Career concerns
- Divorce and separation
- Health and wellness

Benefits of Your Adult/Elder Care and Convenience Program

Your Adult/Elder Care and Convenience Program can help you better manage the difficult balance between work and your personal life. The program connects you to an expert in child care, adult care, or everyday needs for a telephonic discussion of your particular concerns. Based on this discussion, the Specialist sends you customized educational materials and referrals to local providers and programs. The Adult/Elder Care and Convenience Program can help you find resources such as child care, care for older adults, and everyday services such as finding a dog walker, house painter, moving/relocation services, etc. The program is designed to save time, energy and worry by offering quick, easy access to solutions.

Most importantly, these services are confidential. We will never share your information with your employer.

For free and confidential assistance call:
(888)-673-1153

Or log on to:
www.hriworld.com
Username: columbia
Password: eap