



# Employee Assistance Program

All employees and their immediate family members have access to our work life balance Employee Assistance Program (EAP) through First Choice Health at no charge. EAP offers free access to support content, including webinars, self-evaluations, and other valuable tools.

By partnering with First Choice Health, we can provide confidential, comprehensive support to you and your household members.

## **Emotional or Work-Life Counseling**

- Stress, anxiety, depression
- Substance abuse
- Job pressures and work disagreements
- Relationship/marital conflicts

## **Financial Information & Resources**

- Managing a budget
- Getting out of debt
- Saving for college and retirement
- Tax questions

## **Legal Support and Resources**

- Debt & bankruptcy
- Divorce Buying a home
- Guardianship