

Personalized care and resources, *when you need them.*

Whether it's finding community resources or beginning to seek mental health consultation, your Employee Assistance Program (EAP) is here to help. Available to you and your household members, Lucet's EAP is your first step to resources, counseling and so much more to support your wellbeing.

Real support for real life.

A no-cost-to-you benefit from your workplace, your EAP can help you or anyone in your household:

- ◆ Receive support when you don't feel like yourself
- ◆ Get help with responsibilities that are distracting or stressful
- ◆ Improve personal relationships
- ◆ Receive care after a traumatic event or diagnosis
- ◆ Make healthy lifestyle choices
- ◆ Improve and inspire daily life
- ◆ Be more present and productive at work
- ◆ Grow personal and career skills
- ◆ Maintain balance between work and your personal life

We're always here for you.

Life happens regardless of day or time. We are available 24 hours a day, 365 days a year. Whenever you need to reach out, we are here for you.



Your EAP can help you:

Reduce stress | Cope after crisis | Focus at work | Lead others

Reduce debt | Live a healthier life | Support and improve relationships | Be resilient

Whatever life throws your way, *we're here to help.*

Stress, relationships, work and money. These are the most common reasons people reach out to EAP every year. No matter what issues you're facing, the resources you access are confidential so feel safe knowing you can begin addressing any of your personal challenges today.

Counseling

We offer several different ways for you to get what you need. **Counseling is available in a variety of ways at no cost:**



Life Coaching

Life coaching services promote self awareness and help you clarify your visions, values, intentions, and goals. This service builds on strengths that you already have to help you set and achieve your goals. **With coaching you can:**

- Schedule telephonic sessions with a qualified coach
- Work with your coach to establish and meet goals
- Identify resources to keep you on track

Coaching topics may include managing stress, work/life balance, time management, personal challenges and more.

Online Services

Our comprehensive website makes it easy to access information regarding EAP benefits and requesting services.

The website and app offer:

- Referrals via online intake
- Monthly live webinars
- Mental health toolkits
- Training resources
- Substance use resources
- Comprehensive Resource Library

Work/Life

Work/Life services can help you tackle your to-do list with specialists who can locate providers, get referrals and find resources for you and your household needs.

- Personalized consultation with a highly-trained specialist over the phone or through online chat
- Referrals to local providers and resources
- Tip sheets, checklists and other helpful tools

Work/Life topics include family & caregiving, education, career & work, and health & wellness.



◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 877-300-9103 | Visit eap.lucethealth.com

Your company code: **arbenefits**

3 counseling/coaching sessions, per topic, per year.



Scan to learn more at eap.lucethealth.com