



Employee Assistance Program

Summary of Services

Your Employee Assistance Program (EAP) provides confidential, professional support for personal and work concerns at no cost to you—24 hours a day, 7 days a week.

Help when you need it.

Your EAP Program is a **free** service offered to you, your dependents and eligible household members, and your decision to use the benefit is voluntary and confidential. Whether you are dealing with a big issue, or are simply looking for advice, your EAP Program provides professional, confidential support services and information for a wide variety of life areas.

Emotional Wellness Services - Speak with a professional counselor by phone, and our EAP Consultant will provide a referral to see a local counselor at no cost.

- Anxiety/Stress
- Depression
- Relationships
- Parenting
- Workplace
- Grief
- Aging
- Alcohol/Drugs

Caregiving Services - Referrals and information are available on a variety of family matters, including:

- Prenatal care
- Summer camps
- College preparation
- In home care
- Transportation services
- Special needs
- Assisted living
- Daycare

Convenience Services - Complimentary convenience services are available to help you make the most of your money and free time. Call to request referrals for a range of services, such as:

- Home repair
- Moving
- Dining
- Personal shopping
- Cleaning services
- Travel Reservation
- Event Tickets

Legal Services - Free 30-minute consultation is available to help answer basic legal questions and provide assistance with financial challenges. If you need advice about a specific issue, call to speak with an attorney or licensed or credentialed financial advisor.

- Estate Planning
- Child Custody
- Bankruptcy
- Mortgage Issues
- Wills
- Retirement Planning
- Civil/Criminal Disputes
- Taxes

Online Tools and Information- APShelplink.com

The EAP online resource which allows you to explore many of the tools and information related to the topics above in an anonymous, confidential, and secure manner—all from the comfort and privacy of your own computer.



www.apshelplink.com



Company code: KCLEAP



877-239-8783

