

Resources *for* Living[®]



We can't promise you a stress-free life. But we can provide you with tools and support to awaken your own resiliency. Start now.

Confidential telephonic support and online help, 24/7/365

Real solutions for real life

Employee Assistance Program & Worklife Services

We understand there are times when each of us could use a little extra help. Staying on top of the demands of work, family, finances and child/elder care can be challenging. And for those times, we're here. Resources For Living will partner with YOU — so you return to a place of well-being.

- Adapt to change
- Build your work ethic
- Rest your body and mind
- Reach your potential
- Celebrate yourself

The EAP is administered by Resources For Living.

This material is for informational purposes only. All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected child, spousal or elder abuse, or abuse to people with disabilities). Services are available to you and your household members, including dependent children up to age 26, whether they live at home or not.

Information is believed to be accurate as of the production date; however, it is subject to change.

©2012 Resources For Living
44.24.932.1-RFL-13x17 (8/12)