

# Resources *for* Living<sup>®</sup>



## Military members and veterans: You've got our free, confidential support any time, day or night.

Veterans and military members often face unique challenges as they transition back to day-to-day life and work. We're grateful for your service to our country. And we're happy to offer you free support and help through our Employee Assistance Program (EAP).

Using the EAP, you can get confidential telephone counseling anytime. EAP counselors are ready to listen and help you work out personal or workplace issues. Call as many times as needed — at no charge to you.

The EAP offers short-term counseling on all aspects of life, including:

- Addictive behaviors
- Anxiety
- Anger management
- Caregiver counseling
- Child counseling
- Coping with a life change
- Depression
- Divorce counseling
- Domestic violence
- Eating disorder situations
- Eldercare issues
- Emotional/psychological concerns
- Family counseling
- Grief issues
- Legal or financial stress
- Loss and grieving
- Marital or relationship difficulties
- Organizational change
- Personal and life improvement
- Stress management
- Substance abuse
- Work stress

**And that's not all. Need to talk? Just give us a call. We're available 24 hours a day, 7 days a week.**

**1-800-284-1819**

**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.

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