



Lifestyle EAP Wellness at Work

Employee Assistance Program

Empowering Employees to Lead Happier, Healthier Lives

At Lifestyle EAP we understand that everyone is affected by life-changing issues. As an employer-sponsored service, Lifestyle EAP provides confidential counseling and a broad range of services to help guide you and your family toward better health, wellness and life balance.

Face-to-face counseling sessions are available to provide a confidential assessment, short-term solution focused counseling, referral assistance, and support when experiencing life changing events such as substance abuse, family or marital concerns, psychological or emotional upset, financial or legal problems.

The Lifestyle Employee Assistance Program offers:

- 800.989.3277 telephonic support is available 24/7/365 from licensed mental health professionals
- Face-to-face counseling sessions
- Manager Consultations
- Eldercare resources and referrals
- Childcare resources and referrals
- Identity Theft Recovery and Prevention
- Legal and Financial Consultations
- www.lifestyleeap.com
- Critical Incident Stress Management
- Wellness Programs
- Management Trainings

Website: www.lifestyleeap.com

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