



GETTING HELP IS SIMPLE

Just call **888.327.1060** 24/7 to reach a professional counselor.

LIFESTYLE BENEFITS

Your Lifestyle Benefits include discounts to help you enhance your quality of life. Call or check the website for nutrition, fitness and weight loss discounts.

CAREER DEVELOPMENT AND TRAINING BENEFITS

Our online training and resources help with personal growth. Also if you are a supervisor or hope to become one, we offer an entire online supervisory training resource. You can balance your work, life and career objectives with the help of tutorials, exercises and worksheets.

CERTIFIED FINANCIAL COACHING

Certified Financial Coaching is available to help with budgeting, debt, money management issues and savings. You and your family members have access to Certified Financial Coaches, as well as more than 100 Personal Finance and Investing courses. Our Coaches can also help you address any related stress that so often accompanies financial problems.



Call any time for confidential assistance.
To reach a counselor 24 hours a day, call toll free:

888.327.1060

or log on to **PublicSafetyEAP.com**

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You protect the public, but where can you turn for support?



WHAT IS PUBLIC SAFETY EAP?

Public Safety EAP is a confidential counseling and support service staffed by trained professionals 24 hours a day to assist public safety personnel and their families. We currently serve thousands of sworn police officers, firefighters, state troopers, EMS personnel, corrections officers, civilian staff and their families. Public Safety EAP is one of the most experienced in the country and nearly 99% of those who use the EAP are satisfied with the experience.

MORE BENEFITS FOR YOU

Your EAP provides access to more problem solving solutions than any other EAP. Detailed here are just some of the many resources available.

HOW DOES THE EAP WORK?

Getting the help you need is simple. You can call the EAP 24 hours a day, 7 days a week to reach a professional counselor. Call our toll free number or log on to our website to access other benefits.

888-327-1060

PublicSafetyEAP.com

COUNSELING BENEFITS

Many complex issues are best resolved with counseling assistance from a behavioral health professional. You will want to consider calling for help if you encounter problems such as:

- Relationship and family issues
- Depression, stress, or anxiety
- Grief or loss of a loved one
- Eating disorders or substance abuse
- Workplace difficulties

When you call, you connect immediately with a counselor. Each of our experienced counselors has a Masters or Ph.D. level of training. Should you need to be referred to a local counselor for personal visits, we have more than 40,000 providers available to ensure that you will have a counselor near your home or workplace.

WORK/LIFE BENEFITS

Assistance for other personal, family, financial, and legal issues is available. We offer a broad range of solutions for your everyday work/life problems. These may include:

- Debt counseling and restructuring
- Legal problems not related to employment or medical concerns
- Child care and elder care assistance
- Financial information
- Caregiver help and resources
- Real estate and tenant/landlord concerns
- Interpersonal skills with family and co-workers
- Pet Help Center
- Online Wellness Center

PUBLIC SAFETY RESOURCE CENTERS

Public Safety EAP addresses specific stressors and issues that public safety personnel and their families face every day.

- Challenges of military deployment and homecoming
- Budget helpers for public safety personnel
- Mental health issues for first responders
- Social media for first responders
- Public safety family matters

INFORMATION RESOURCE BENEFITS

Sometimes the best solution to a problem comes from finding the right information. That's why we have created Information Resources — a vast collection of thousands of self-help tools and informative articles that covers virtually every problem you might face. You can call or log on to the website to access these benefits. Some of the resources available include:

- Behavioral Health - information covering everything from alcohol abuse to personal stress
- Financial - articles, tools and information to help with virtually every financial question
- Legal Information - topics ranging from adoption to wills
- Tools for Tough Times - resources to assist with difficult financial issues