

You've Got Questions, We've Got Answers

Every day, we hear hundreds of questions from Members. Here are some of the most common issues that keep people awake at night.

Can this marriage be saved?

Relationship problems are one of the most frequent issues that we hear about. When a relationship with a life partner falters, it can really throw everything else in life out of sync. Explore our many online resources for interpersonal and family relationships to learn how to productively manage disputes, improve communications and find resources for where and how to get help if problems persist.

How am I going to pay the bills this month?

Lately, financial worries are the #2 issue we hear about, with debt being at the top of the list. If you are in deep debt or on a continuing cycle of juggling bills, our online financial resources and our Tools for Tough Times might help. If you are in over your head, we can also connect you to debt counselors.

Am I normal?

OK, nobody actually calls and asks that *exact* question, but we get many variations on that theme: Do I drink too much? Should I be over my grief by now? Why can't I cope with things better? Is it normal to feel this depressed? Everyone has times in their lives when their usual coping mechanisms fail or when they question their emotional stability. Our online Behavioral Health resources let you confidentially explore anxiety, depression, grief, stress and other mental health issues. You can also take self assessments and quizzes. Of course, our counselors are available 24/7.



Am I saving enough for my retirement?

Baby Boomers are definitely looking to their future – but so are Gen X and Millennials. Whether your goal is retirement, a home purchase, or your child's college fund, our online Financial Resource Center has hundreds of calculators, articles and tools to help you explore different financial scenarios and budget for the future.

How can I get promoted?

Our Members think to the future! Your EAP has tools for getting along better with your boss and courses to hone your management skills. Whatever your career goals, we can help you succeed on the job. Check out our free classes or save on degree programs. Your Personal Training & Development Benefit offers dozens of free courses online 24/7.

Dog or cat?

Pet problems are on the minds of our Members, proving pets are an important part of the family! Whether it's deciding what type of pet is best for your lifestyle, resolving a pet behavior problem or finding doggie day care, we have a host of resources in our Pet Help Center.

Login in to www.theEAP.com to explore all our many resources. And if you need more help, counselors are available by phone 24/7.