



Employee Assistance Program

- Confidential
- Convenient
- Professional

Up to 3 face-to-face visits available to YOU & your benefit eligible family members

- Aging / Elder Care & Care-giving Issues
- Communicating Effectively
- Alcohol & Drug Dependency
- Gambling Problems
- Anxiety and Depression
- Career Path
- Divorce
- Domestic Violence Assessment
- Work-Related Problems
- Financial or Legal Concerns
- Grief and Loss
- Parenting Support
- Relationships
- Stress Management
- Terminal Illness
- Troubled Teens
- Emotional Concerns

866.607.4535 • www.wfseap.org
 TTY 866.704.6355 Username: BHT

Your Online Tools, Solutions and Resources



Live Connect Want answers now? Send an instant message to one of our Work-Life consultants or chat about your concerns.



Parenting Counts A research-based family of products developed by Talaris Institute to support raising socially & emotionally healthy children.



Worklife Tools Explore and learn new skills with a variety of resources on parenting, aging, balancing life, thriving, working and living and more.



Free Online Seminars Play, listen, download or read a variety of online training seminars to help you live a productive, well-balanced life.



Skills Builders On-line, interactive modules to build a variety of both personal and professional skills to help you live a balanced, thriving and productive life.



Daily Living Not enough hours in the day? Let us help. We'll help you locate resources from finding a pet sitter, home/auto repair, wellness information and more.



Locate Resources Find resources for Child Care, Camps, Educational Research, Volunteer Opportunities, Pets Search, Adoption search, Older Adults and more.