Life’s not always easy. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

**Experienced EAP Staff**

Master’s level professionals who can provide assistance for a variety of personal and professional matters.

- Emotional well-being
- Family and relationships
- Legal and financial
- Healthy lifestyles
- Work and life transitions

**EAP Benefits**

- Unlimited telephone access to EAP professionals 24 hours a day, seven days a week
- Telephone assistance and referral
- Service for employees and eligible dependents
- Robust network of licensed and/or certified mental health professionals
- Three face-to-face sessions* with a counselor (per household per calendar year)

*Face-to-face visits can also be used toward legal and financial consultations
* California Residents: Knox-Keene Statute dictates no more than three face-to-face sessions per six-month period.

- Legal assistance and financial services
  - Will preparation
  - Legal library & online forms
- Resources for:
  - Work/Life balance
  - Substance abuse
  - Dependent and elder care assistance & referral services
- Access to a library of educational articles, handouts and resources via website

**What to Expect**

Information gathered by the EAP is confidential — the EAP does not communicate with your employer about your situation unless there is a risk of harm to you or others.

Your EAP benefits are provided through your employer. There is no cost to you for utilizing EAP services. If additional resources are needed, your EAP will help locate appropriate providers in your area.

Don’t delay if you need help. Visit mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.

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