



Employee Assistance Program

Life's not always easy!

Sometimes a personal or professional issue can get in the way of maintaining a health, productive life. Your **Employee Assistance Program (EAP)** can be the answer for you and your family.

ImpactSolutions is here to help!

ImpactSolutions's Employee Assistance and Work/Life program assists employee and their eligible dependents with personal or job-related concerns, including:

- ◆ Emotional well-being
- ◆ Family and relationships
- ◆ Legal and financial matters
- ◆ Financial services
- ◆ Telephonic Coaching Services

How Does it Work:

- Access to EAP professionals 24 hours a day, seven days a week
- Provides information and referral resources
- Service for employee and eligible dependents
- Robust network of qualified mental health professionals
 - Three face-to-face counseling sessions per person, per occurrence
 - Unlimited phone consultations
- Legal assistance
 - 30 minute complimentary appointment
 - General advice and guidance
 - Discounts for most on-going legal services
 - 24 hour emergency services
- Financial Services - complimentary consultation with financial counselors and educators
- Identify Theft Prevention and Recovery - complimentary phone consultation with a Fraud Resolution Specialist regarding
 - Reducing your risk of ID theft and/or
 - Tools to independently resolve your issue if you are the victim of ID theft
- Comprehensive Work/Life Website – mobile friendly, self-service information on everyday living issues and concerns

What to Expect:

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respected manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided by Shawnee State University. There is no cost to you for utilizing EAP services. If additional services are needed, your EAP will help locate appropriate resources in your area.



Don't delay if you need help!

Visit www.MyImpactSolution.com or call **(800) 227-6007** for confidential consultation and resource services.

When online, use the username:
shawneestate