

15 Reasons To Use the Life Advisor EAP

Anxiety, Stress, Sadness/Depression, Anger, Communication, Relationships, Substance Use/Addictions, Grief and Loss, Parenting/Family, Medical/Elder Care, Career/Performance Issues, Domestic Violence, Legal/Financial

The EAP is for concerns that impact your daily life, relationships, work-life balance, mental health, work and career, quality of life and overall wellness – right now. Call today and speak with a mental health professional *before* your concerns become a crisis.

1. When you've had an argument with your spouse/significant other and are struggling with communication
2. When you're worried about something your teenager said or did
3. When your good friend suddenly ghosts you and you have no idea why
4. When you're stressed because there's not enough money for the holiday season, summer vacation or bills
5. When you've got a legal question, but you'd rather not ask your family member
6. When you're feeling overwhelmed with Just. Too. Much. Stuff. To. Do.
7. You just got married and your kids and your new spouse's kids aren't getting along
8. When you feel down or anxious, don't know why, and aren't sure how to deal with it
9. When you're struggling at work making mistakes, calling in, or getting written up often
10. When your grown kids are asking too much of you
11. When your spouse has lost their job and you don't know where to turn
12. When you're feeling really isolated, lost or lonely
13. When you've decided to rein in your spending and create a family budget
14. If you've thought about hurting yourself
15. When you've had a death or loss in your family and would like to talk to someone

**Ulliance provides no cost, confidential, short-term
counseling for you & your family.**

Contact us at **800.448.8326**