



# Counseling Services

You can handle a lot. But not everything should be handled alone.

Sometimes the best way to combat stress is to catch problems before they turn into bigger issues. Our mental health professionals will help you and your household members accurately identify and address your concerns. We will work to help you with any difficulties so you can stay in control at home and at work.

The counseling services include the following:

- 24/7, around-the-clock access to telephonic support and crisis intervention
- Short term face to face counseling and further referrals if needed
- Solutions and advice on everything from stress and depression, substance issues/questions, grief, to life threatening illness.



*To speak with your EAP call 24/7:*  
**1-800-828-6025**

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*Or, visit our website for more resources:*  
**[www.wellnessworklife.com](http://www.wellnessworklife.com)**