

Free and confidential support through your leave of absence



Are you getting ready to go on a leave of absence? If so, it's only natural to have questions and even some concerns, such as:

- What can I do to prepare?
- Where can I get help if I need it?
- What resources can I use to meet my family's needs?

Here are just a few of the ways we can offer support:

- 24/7 in-the-moment emotional support over the phone
- Five free and confidential counseling sessions per issue each year for you and everyone in your household. Choose from:
 - Face-to-face
 - Chat therapy
 - Online video
- Help making a plan
- Support with setting realistic expectations

Daily life assistance

Get help finding resources for extra support, including:

- Child and elder care providers
- Home maintenance and repair services
- Community support resources

Legal and financial support

Talk to an expert for answers to your questions and help resolving any issues you may have, including, for example:

- Financial consultation for help with budgeting, managing debt
- Legal consultation in areas such as family or elder law, landlord/tenant issues and real estate

We're here to help you focus on your health and wellbeing. Simply call any time, 24/7.



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