



## ***Your EAP can help with problems over the holidays!***

We hope your holidays are peaceful and trouble-free, but just in case you run into any problems, remember – your EAP is there for you. Here are just a few ways your EAP benefits can support you and your family members – not just through the holidays, but year-round:

- ✓ **Worried about your finances?** Schedule a meeting with a Certified Financial Coach or visit the Personal Finance & Education Center section of your EAP website to view financial tools, trainings, and resources!
- ✓ **Looking to maintain a healthy weight despite holiday temptations?** Visit the online Wellness Center for tips and tools on nutrition, fitness, and more.
- ✓ **Having a holiday meltdown?** Grief, depression, and anxiety can be even tougher during the holidays. You have access to counselors 24/7 by phone – reach out! 800.252.4555
- ✓ **Need support in caring for an elderly family member?** Take advantage of your EAP Caregiver Benefits to find local resources and information on medical and homecare needs.
- ✓ **Having trouble with your budget for holiday shopping?** Get discounts and savings on name brands with your Lifestyle Savings Benefit.
- ✓ **Seasonal stress taking a toll?** Your EAP has coaching programs in Managing Stress & Relaxation Coaching for Beginners!
- ✓ **Drinking get a little out of hand for you or a loved one?** Your EAP has confidential substance abuse counseling and resources if you or a loved one is having trouble with drinking or drugs.
- ✓ **Strapped for time in locating a medical or dental provider?** Use your EAP's Personal Assistant to locate options that will work for you!

Remember, these services are completely confidential and available to you and your family members. Visit **[www.EducatorsEAP.com](http://www.EducatorsEAP.com)**, or call **800-252-4555** for more information.

Scan the QR  
Code to view your  
EAP benefits!

