EAP and Work Life Solutions

The Johnson & Johnson **Employee Assistance Program (EAP) and Work Life Solutions** team is available to you and your household members to help manage personal and professional challenges that could affect your health, relationships, job effectiveness, or well-being.

**Employee Assistance Counselors and Work Life Consultants** offer resources and support for a myriad of emotional health and work life issues, including:

* Life Transitions
* Child/Adult Care
* Substance Use Issues
* Parenting
* Planning for College
* Work Life Balance
* Summer Camp Options
* Boosting Resilience
* Budgeting
* Managing Stress & Change
* Relationships
* Legal Concerns
* Planning a Vacation
* Finding a Pet Sitter



Coaching and consultation services are also provided by EAP to address workplace concerns including trauma, violence prevention, change management, and performance concerns. Topical training such as building resiliency, positive communication and healthy relationships are available.

# EAP and Work Life Solutions are free, confidential and available 24/7 by calling: 800-491-1700

# Titusville, N.J. Onsite: Lee Anne Hartwell, MSW, LCSW

# 609-730-2028, lhartwel@its.jnj.com

**To access additional resources and interactive tools on a range of topics, visit:** [**www.achievesolutions.net/jnjusa**](http://www.achievesolutions.net/jnjusa) **or call 800-491-1700**

