
Your Employee Assistance Program



*A Free and Confidential Assistance Program for Wellesley College Faculty, Staff,
and their Household members*

Life can get pretty stressful. Whether your daily challenges are routine, or more urgent, such as talking to someone about anxiety, your free Employee Assistance Program (EAP) is a simple and invaluable resource for you. The EAP will guide you to the solutions that make things less stressful and more manageable for you.

Call your EAP for.....

Legal Assistance: free office or telephone consultation for legal questions and issues. Ongoing services with 25% reduction in fee.

- Family law issues, such as divorce, marital separations, child support and custody matters?
- Buying or selling a house, and need legal representation?
- Questions about landlord or tenant issues?
- Estate planning questions? (e.g., wills and trusts)

Receive free and confidential assistance from trained financial consultants.

- Questions about how to save for your child's college education?
- Need tax advice and help with tax return preparation?
- Questions about insurance and auto claims?
- Budget and debt problems?
- Need help in making sure that your retirement planning is on track?

Counseling Referrals:

You receive 5 free, confidential, in-person counseling sessions.

- Stressed with workplace or family concerns?
- Managing depression or anxiety?
- Concern about your marital relationship, how your children are doing, conflicts with your teen?
- Dealing with a recent loss?
- Questions about your or a loved one's drinking problem?
- Just need to talk to a concerned and professional helping person?

(Over)



The EAP's Information and Referral Service delivers consultation and resources to assist with a wide spectrum of work and life issues.

When you call the EAP's toll-free number, you will be assisted by a qualified Work-Life Consultant who will respond to your request thoroughly and promptly. The EAP does the legwork to help you to locate eldercare, childcare, and other services.

- Child care needs?
 - Looking for child care centers in your area?
- Adult care needs?
 - Concerned about an elderly family member? Need help finding homecare or assisted living facilities? Questions about Medicare?
- Looking for a summer camp program for your child?
- Questions about finding, and funding, your child's college education?

Work/Life Website

The place to go for current health news, on-line assessment tools, child/elder care searches, professional development skill builders, and a library of articles on many work-life topics.

To access the website, go to www.allonehealthheap.com and enter

Username: Wellesley **Password:** employee

The EAP helps with the kinds of issues, large and small, that can affect your health and happiness as well as your work and family life. Whether you would benefit from a one-time consultation or ongoing support, we're just a call away.

24 hours a day, 7 days a week

800.451.1834

