

LifeSolutions®

Employee Assistance Program

You can reach your EAP at **+1 833-210-1489** 24/7 to speak with a licensed care manager.

You'll be asked for:

- Your name, address, phone number, email address, and demographic information.
- Information on the issue that prompted the call.



The LifeSolutions employee assistance program (EAP) can help you balance work and personal needs to become healthier, happier, and more productive. Our private and confidential resources and support are applicable for all populations, including older adults, new parents, LGBTQIA+ individuals, veterans, and disabled persons.

You can receive up to six sessions for help with:

- Stress, anxiety, or depression.
- Parenting resources.
- Caregiving support.
- Financial and legal worries.
- Overuse of alcohol.
- Grief and loss.
- Work-related challenges.
- Making healthy lifestyle changes.

Our consultation and problem-solving services include:

- Short-term coaching and counseling in person, by telephone, virtually, or by text message or chat.
- Parenting resources and options for children.
- Support for individuals who are caring for older loved ones.
- Community referrals and information to address everyday concerns.
- 24/7 phone support for immediate help.
- Access to RxWell®, an app that can help you improve your mental and physical health.

You have access to free, 30-minute consultations with a licensed attorney and/or a certified financial adviser. During these consultations, you can address:

- Legal concerns, such as landlord/tenant issues, real estate transactions, bankruptcy, child custody and other family matters, estate planning, immigration issues, and criminal matters.
- Debt management, credit concerns, student loans, mortgages, retirement planning, and financial hardships.

Our interactive website includes thousands of tools to help you and your family address most major life issues. Available resources include:

- Skill Builder courses and articles.
- Wellness, fitness, nutrition, and emotional well-being materials.
- Expert-led webinars on personal development, health topics, and caregiving.
- Financial education tools and legal forms, educational information, and discount offers.

EAP services are available to you and members of your household at no cost.

lifesolutions@upmc.edu
1-833-210-1489 (TTY: 711)

To access the Work-Life section of our website, go to lifesolutionsforyou.com, click Login, and enter your company code: **WEBT**.

Click on the Work-Life Resource Portal under Featured resources.



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