

We're here when you need us—
get started today!

Call our nationwide toll-free number—**1.800.451.1834**
(TTY users, please use Relay)—to speak confidentially
with a counselor who cares and is professionally trained
to assist you. We're available 24 hours a day, seven
days a week.



Support and
solutions
for everyday life.



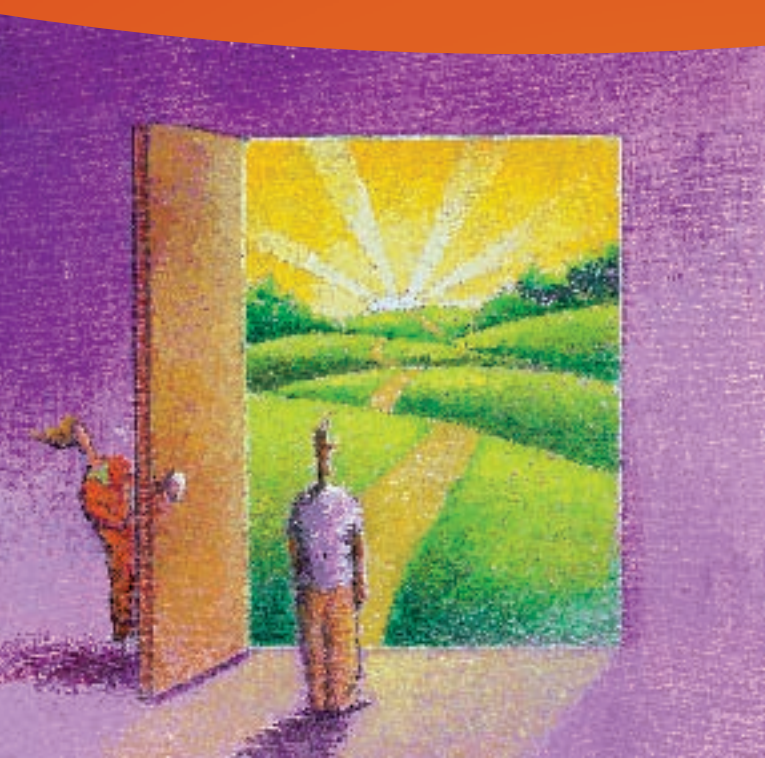
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190 North Main Street
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www.healthresourcescorp.com



Life can get pretty stressful
sometimes—even overwhelming.
Wouldn't it be great if you had
a personal coach you could
call on? Someone who could
provide expert guidance,
resources and support just
when you need it most?



However routine or urgent your concerns may be, your Employee Assistance Program is a single, simple, and invaluable resource you can turn to. Like a trusted and caring advisor, we guide you to the solutions that make things less stressful and more manageable for you—the solutions you need to stay in charge of your life.

The helpful solutions you need

Whether you're concerned about relationship conflicts, stressed about juggling life's many demands or just feeling a little down, the Employee Assistance Program (EAP) has resources that can help you with many of the normal challenges we all face. This company benefit helps you and your household members and dependents address both everyday concerns and growing personal problems, keeping your life on course.

No issue too big—or small

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'd benefit from a one-time consultation or ongoing support, we're just a call away.

Professional care and support

When a particular concern becomes too much to handle alone, it can affect your work, family and personal well-being. That's when some professional guidance can help. Our licensed and highly skilled counselors are ready to help you address a wide range of personal concerns. Through caring, private coaching sessions, they can assist you with:

- Adjusting to the pace and pressure of work
- Resolving marital or relationship conflicts
- Discussing a loved one's drinking or drug use
- Working through parenting and family issues
- Assessing your level and sources of stress
- Becoming a better communicator
- Coping with potential anxiety and/or depression

Your concerns are your business

The program is absolutely confidential and voluntary, so no one will know you're involved—including your employer—unless you choose to tell them. Nothing is entered into your medical or employment records.

And it's free

There is no cost to employees, household members or dependents for EAP sessions. If continuing professional assistance is appropriate, we will work with your provider to identify services that are covered fully or partially by your health insurance or have flexible fee scales.