



Employee Services EAP
Longview Employee Services
Health Association EAP
EAP Incorporated
Public Safety EAP

More Benefits for You and Your Family

888-327-8900 or 800-252-4555

COUNSELING SERVICES

Available 24 Hours a Day

Family Matters
Depression
Stress
Critical Incident Stress
Loss & Grief
Domestic Violence
Substance Abuse
Gambling Issues

ON-LINE RESOURCES

Common Grief Stages
Substance Abuse Test
Depression Symptoms
Stress Management
Controlling Anger
Domestic Violence Warning Signs
Career Development
Suicide Facts
Mental Health Matters
Post Holiday Blues
Mental Health Links

Health & Wellness

5 Steps - Quit Smoking
SAD - Seasonal Blues
Weight Loss
Health & Medical Links
Nutrition: "5 A Day"

WORK/LIFE SERVICES

Child Care Facilities
Choosing a Daycare
Adoption
Child Care Links
Elder Care Facilities
Elder Care Links
Family Issues Links

Legal

Family Law
Child Custody
Juvenile Law
Criminal Law & Courts
Tenants & Landlords
Wills, Trusts & Probate
Divorce

Personal Finance

Debt Warning Quiz
Home Buying, Financing
Debt & Your Rights
Social Security
Credit
Bankruptcy
Financial Planning
Education & Tuition
College Finances
Tuition Searches

To Learn More Visit Us on the Web:

www.theEAP.com

NEW! LIFE STYLE BENEFITS

(special discounts offered to EAP members)

Bally Total Fitness & HealthTrax
Jenny Craig
Custom Financial Planning
SmokEnders
Workouts For You (online personal trainer)
Apex Nutrition (online nutrition assistance)