



10 ways the EAP can help with work, health or life stress

Prisma Health's enhanced Employee Assistance Program (EAP), now powered by LifeWorks, can provide you with immediate and confidential help for any work-, health- or life-related concern. With a website, personalized news feed and digital app, EAP's LifeWorks platform can help with stress, anxiety, parenting advice, family needs and much more – 24/7.

There are many ways to get help, and all are completely confidential. You can invite family members to have their own LifeWorks "account" as well.

LifeWorks professionals can help you:

- 1.** Address short-term problems and concerns for depression, anxiety, anger, relationships and family matters; effectively cope and manage any issues or symptoms causing stress.
- 2.** Recognize and target risky behaviors related to drinking or drug use, gambling and/or other addictions.
- 3.** Sort through complex decisions that may have long-term consequences for you, your family or others (e.g., divorce, retirement or major life change).
- 4.** Make positive and lasting lifestyle changes with online tools, articles, videos and self-assessments.
- 5.** Access grief support and learn coping strategies to help you deal with loss.
- 6.** Find an attorney to assist in such matters as separation/divorce, custody, child support or estate planning.
- 7.** Better manage your finances by referring you for assistance with budgeting, savings or debt management.
- 8.** Build a greater capacity to identify and remove barriers to personal growth and change.
- 9.** Access resources to help manage and improve relationships with spouses, partners or other significant people.
- 10.** Find eldercare resources such as nursing/retirement homes and meal delivery services.

Visit us online:

PrismaHealth.LifeWorks.com

Call us 24/7 toll free:

877-761-3614

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 **LifeWorks**
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