

# Life Advisor

## EMPLOYEE ASSISTANCE PROGRAM

Confidential, No-Cost Support

Ulliance Life Advisor  
Consultants are  
available 24 / 7

Your Life Advisor  
Consultant can:

- Explore your unique work-life balance needs and identify the right Life Advisor services to support you and your family
- Schedule you to see a local Ulliance EAP Counselor, close to where you live or work at no charge to you or your covered dependents
- Provide you with immediate telephonic support for pressing issues
- Assist you by researching information you need for work-life balance

### Counseling Services

- Face-to-face or phone sessions with a licensed counselor close to work or home
- Short term, solution-focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions

### Life Advisor Coaching Services

- Telephonic sessions with a Life Advisor Coach
- Support and motivation to achieve a work-life goal such as education, career advancement, financial or savings goals, or self improvement goals

### The Life Advisor Monthly Newsletter

- An electronic monthly publication with information and resources on a variety of work-life concerns, such as relationships, substance abuse and goal setting

### Work-Life Materials

- Books and other helpful materials on a wide variety of work-life topics mailed directly to your home at no cost to you

### Life Enhancement Resource Center

- Anytime access to articles, resources, healthy-living tips, as well as our orientation videos
- Log-in at: [LifeAdvisorEAP.com](http://LifeAdvisorEAP.com)