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