

› Basic Enhanced Employee Assistance Program

WEST SHORE SCHOOL DISTRICT



Life's not always easy. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life.



Your Employee Assistance Program (EAP) can be the answer for you and your family.

Mutual of Omaha's EAP assists employees and their eligible dependents with personal or job-related concerns, including:

- › Emotional well-being
- › Family and relationships
- › Legal and financial matters
- › Healthy lifestyles
- › Work and life transitions

EAP BENEFITS

- Unlimited telephone access to EAP professionals 24 hours a day, seven days a week
- Telephone assistance and referral
- Service for employees and eligible dependents
- Robust network of licensed mental health professionals
- Four face-to-face sessions* with a counselor (per household per calendar year)

*Face-to-face visits can also be used toward legal consultations

*California Residents: Knox-Keene Statute limits no more than three face-to-face sessions per six-month period per person.

- Legal assistance and financial services
 - *Online will preparation*
 - *Legal library & online forms*
 - *Telephonic financial consultation*
- Resources for:
 - *Financial tools & resources*
 - *Substance abuse and other addictions*
 - *Dependent and elder care assistance & referral services*
- Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap

WHAT TO EXPECT

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. There is **no cost** to you for utilizing EAP services. If additional services are needed, your EAP will help locate appropriate resources in your area.

Don't delay if you need help. Visit mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.

Benefits that
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