



Lifestyle Benefits

Your Lifestyle Benefits include discounts and savings plans to help you enhance your quality of life. Call or check the website for special nutrition planning, fitness, smoking cessation, weight loss, and retirement/college planning benefits.

Career Development and Training Benefits

Our online resources also help with personal growth. If you are a supervisor or hope to become one, we offer an entire online supervisory training resource. You can balance your work, life and career objectives with the help of tutorials, exercises and worksheets.

Getting the help you need

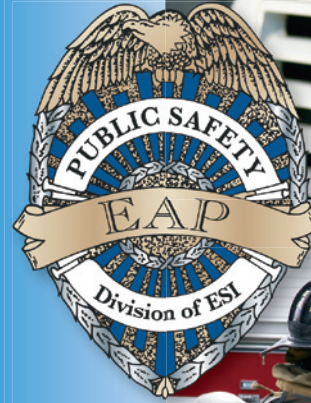
Call any time for confidential assistance. To reach a counselor 24 hours a day, call toll free:

1-888-327-1060

or log on to

www.publicsafetyeap.com

Introducing your Public Safety Employee Assistance Program



What is Public Safety EAP?

Public Safety EAP is a confidential counseling and support service staffed by trained professionals 24 hours a day to assist public safety personnel and their families. We currently serve thousands of sworn police officers, firefighters, state troopers, EMS personnel, corrections officers, civilian staff and their families. Public Safety EAP is one of the most experienced in the country and nearly 99% of those who use the EAP are satisfied with the experience.

More benefits for you

Your EAP provides access to more problem solving solutions than any other EAP. Detailed here are just some of the many resources available.

How does the EAP work?

Getting the help you need is simple. You can call the EAP 24 hours a day, 7 days a week to reach a professional counselor. Call our toll free number or log on to our website to access other benefits.

1-888-327-1060
www.publicsafetyeap.com

Counseling Benefits

Many complex issues are best resolved with counseling assistance from a behavioral health professional. You will want to consider calling for help if you encounter problems such as:

- Relationship and family issues
- Depression, stress, or anxiety
- Grief or loss of a loved one
- Eating disorders or substance abuse
- Workplace difficulties

When you call, you connect immediately with a counselor. Each of our experienced counselors has a Masters or Ph.D. level of training. Should you need to

be referred to a local counselor for personal visits, we have more than 25,000 providers available to ensure that you will have a counselor near your home or workplace.

Work/Life Benefits

Assistance for other personal, family, financial, and legal issues is available. We offer a broad range of solutions for your everyday work/life problems. These may include:

- Debt counseling and restructuring
- Legal problems not related to employment
- Childcare or eldercare assistance
- Financial information
- Caregiver help and resources
- Real estate and tenant/landlord concerns
- Interpersonal skills with family and co-workers
- Pet Help Center
- Online wellness center

Information Resource Benefits

Sometimes the best solution to a problem comes from finding the right information. That's why we have created Information Resources – a vast collection of thousands of self-help tools and informative articles that covers virtually every problem you might face. You can call or log on to the website to access these benefits. Some of the resources available include:

- **Behavioral Health** - information covering everything from alcohol abuse to personal stress
- **Financial** - articles, tools and information to help with virtually every financial question
- **Legal Information** - topics ranging from adoption to wills
- **Tools for Tough Times** - resources to assist difficult financial issues