

# EAP4YOU.com - Your Online Resource

The Internet is an instantaneous, powerful tool for providing information and services. As part of your EAP, the website can provide you and your family members with online assistance for a variety of personal, family and work-related concerns.

## Visit **EAP4YOU.com** to access:

- Educational materials and articles
- Self assessment tools and calculators
- Webinars
- Online therapy
- Live chat
- Information & resources addressing specific issues
- Around the clock support
- More info on all EAP services
- Digital wellness tools
- Consultant/Clinician Finder

## Personalized information:

Whether you want personalized information on nutrition or parenting, or customized help with relationships or mental health problems, EAP4YOU.com offers articles and interactive content designed to help improve your life. Every month, content is updated and new topics are added, so check back often.

## Self assessments:

- Diet and nutrition
- Parenting, childcare and eldercare
- Personal & professional development
- Stress and anger
- Time management
- Anxiety and depression

## Tools & calculators:

- Health
- Fitness
- Mental health & more

Your Employee Assistance Program is here for you around the clock. Reach out to us 24 hours a day, 7 days a week. Visit EAP4YOU.com to find a wealth of information, tools and resources and feel free to give us a call at 800-327-4968 (800-EAP-4YOU) or TTY: 877-492-7341.