Real People, Real Stories

Resolving Problems Early

Dale and his wife were constantly arguing about parenting their troubled teenage son, making it difficult to focus at work.

The Health Advocate Licensed Professional Counselor helped the couple explore effective solutions and located support services, easing family tensions and improving Dale’s ability to concentrate.

Turn to us—we can help.

877.240.6863
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Your Employee Assistance Program offers the right resources to help you and your family find balance and feel more in control, wherever you are in life.

We’re here when you need us most
Your Health Advocate benefit can be accessed 24/7.

We’re not an insurance company
Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

There is no cost to use our service
Your employer or plan sponsor offers your Health Advocate benefit at no cost to you.

Your privacy is protected
Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.
Stressed? Anxious? Upset?  
Turn to Us Anytime

The right support at the right time
Your Employee Assistance Program provides confidential access to a Licensed Professional Counselor to help you work through personal, family or work issues to feel happier and more productive. If needed, we can refer you to qualified professionals for long-term help. In a crisis, help is available 24/7.

We can help you:
Identify issues and provide practical strategies
• Relationship issues – family/parenting/marital
• Job issues – burnout, coworker conflicts
Build coping skills to support emotional/mental health
• Depression, anxiety, anger, grief, loss, addiction, substance abuse
• Life challenges and setbacks
Connect to the right support resources
• Find services for childcare and eldercare
• Legal/financial consultation and services

Find balance across the lifespan
Whether you are just starting out in your career or nearing retirement, we can help you address concerns and put you in touch with the right experts and resources to help make your life easier, no matter what you are going through.

Personal
• Emotional/mental health
• Time management
• Life transitions
• Personal trauma
• Bereavement
• Domestic violence
• Dependency/addiction
• Communication difficulties
• Harassment

Family/Relationships
• Childcare services
• Summer camps
• Eldercare services
• Caregiving
• Special needs
• Parenting
• Adoption
• Teen issues
• Family relocation

Legal
• Divorce
• Child custody
• Real estate
• Wills, trusts
• Identity theft

Financial
• Debt
• Credit issues
• Bankruptcy
• Retirement planning
• Taxes

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