

## EMPLOYEE ASSISTANCE PROGRAM

uteap.org

The UT Employee Assistance program is available for you and your family members. Through the EAP, you can access free, convenient and confidential services.



### COUNSELING

You and your family members can access convenient and confidential services at no cost to you. The EAP offers a variety of services including counseling and consultation services with a licensed mental health professional.

## WORKLIFE SERVICES MyLifeValues.com | user:uteap pass: uteap

Consultation and assistance for a wide range of WorkLife referrals are available through the EAP. We can help you find real solutions for childcare, elder care, legal and financial assistance, and other convenience and wellness issues. When you call or go to our website, Worklife staff can assist you with:



### ELDER CARE AND CARE FOR ADULTS WITH DISABILITIES:

Home health care, rehabilitation centers, nursing homes, adult day care, transportation services, support groups, meal programs, assisted living, emergency response, independent and assisted living options, and more.



### CHILD CARE:

Childcare centers, family daycare homes, summer camps, nanny/au pair agencies, nursery schools, before and after-school programs, care for children with special needs, pregnancy resources and adoption information.



### PERSONAL RESOURCES:

Relocation guidance, home cleaning, lawn and landscaping, plumbing, automotive, travel information, pet care, entertainment and dining. Help with long-distance caregiving issues, respite services, community resources, and support groups.



### LEGAL/FINANCIAL:

You can receive legal and financial guidance from qualified professionals, including a free initial consultation for each issue. Typical financial matters include tax, retirement and college planning, debt and budgeting assistance and credit counseling.



### DISASTER RESOURCES:

Emergency preparedness, coping with disasters, disaster resources

### WEBINARS:

Free webinars are available for a variety of topics: Supervisor trainings, Communication, stress management, emotional intelligence, anger management, powerful parenting, relationships, are but a fraction of the list of webinars.

KITS for expecting parents, child safety, caring for elderly and more.

# BE WELL

wherever you are

www.mylifevalues.com



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