

Furlough Concerns?



Benefits

Your program is here to help you achieve your goals:

- ▶ No cost to you and your household members
- ▶ Confidential well-being services
- ▶ 24/7 every day of the year, including during furlough
- ▶ Access expert guidance and referral information for assistance with daily life needs, including child care, adult care, pet care, relocation, consumer information and more

Employee Assistance Program and WorkLife are here for you.

Facing a government furlough can add stress to an already stressful time. You may be feeling anxious and burdened. Your Employee Assistance Program wants to remind you that we are always here. Here are just a few ways we can help:

COUNSELING: EAP offers short-term counseling to you your immediate family and household members which includes up to 6 no-cost visits. To give you options, counseling support can be provided in-person, by phone, text message and video telehealth. Included in these options the EAP provides on-base EAP counselors. They are licensed and credentialed, so you know you are speaking with qualified and caring counselors. If you prefer to see a counselor in your community, we can do the legwork for you by finding a provider with appointment availability in your area.

LEGAL AND FINANCIAL SERVICES: Expert consultation to help with your legal, financial and identity theft needs. Access a free online library with resources for identity theft resolution, budgeting, debt management, family law, wills and more.

WORK-LIFE SERVICES: Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

ONLINE PROGRAMS—Self-guided, interactive programs help improve your emotional well-being for issues like depression and anxiety.

Available 24 Hours a Day

1-844-DON-CEAP

www.magellanascent.com

