

EMPLOYEE ASSISTANCE PROGRAM

Your personal well-being is important to us.

Mutual of Omaha, our EAP vendor, can help you 24/7 with confidential support, guidance, and resources. This service is provided to you at no cost. You can receive assistance with concerns such as:

- Marital Conflict
- Stress Management
- Alcohol or Drug Abuse
- Interpersonal Conflict
- Depression or Anxiety
- Identity Theft Services
- Family Relationships
- Grieving a Loss
- Conflict at Work
- Personal Decision Making
- Referrals to Community Resources
- Financial/Legal/Consumer Concerns

Did you know that the information you share with an EAP provider is **strictly confidential**. Facility Solutions Group does not have access to any discussions or information you share with counselors.

BENEFITS OFFERED THROUGH THIS PROGRAM INCLUDE:

- Assistance for you or an immediate household family member who is age 16 or older
- Three (3) in-person help per calendar year
- Toll-free phone and web access 24/7
- Work/life services for assistance with
 - Childcare, eldercare, and adoption
 - Relationships
 - Financial Issues

You can also find useful online resources to help you balance the demands of work and personal issues, 24 hours a day, 7 days a week. Simply go to www.mutualofomaha.com/eap

To learn more about the Mutual of Omaha Employee Assistance Program, call (800) 316-2796