



## Lifestyle Benefits

Your Lifestyle Benefits include discounts and savings plans to help you enhance your quality of life. Call or check the website for special nutrition planning, fitness, smoking cessation, weight loss, and retirement/college planning benefits.

## Career Development and Training Benefits

Our online resources also help with personal growth. If you are a supervisor or hope to become one, we offer an entire online supervisory training resource. You can balance your work, life and career objectives with the help of tutorials, exercises and worksheets.

*Getting the  
help you need*

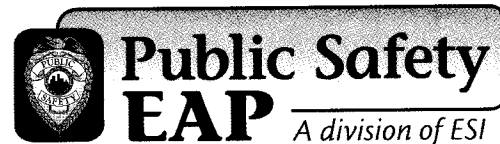
Call any time for confidential assistance. To reach a counselor 24 hours a day, call toll free:

**1-888-327-1060**

or log on to

**[www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com)**

*Introducing your*



## *What is Public Safety EAP?*

Public Safety EAP is a confidential counseling and support service staffed by trained professionals 24 hours a day to assist public safety personnel and their families. We serve thousands of sworn police officers, firefighters, state troopers, EMS personnel, corrections officers, civilian staff and their families. Public Safety EAP is one of the most experienced in the country and nearly 99% of those who use the EAP are satisfied.

## *More benefits for you*

Your EAP provides access to more problem solving solutions than any other EAP. Detailed here are just some of the many resources available.

## *How does the EAP work?*

Getting the help you need is simple. You can call the EAP 24 hours a day, 7 days a week to reach a professional counselor. Call our toll free number or log on to our website to access other benefits.

**1-888-327-1060**  
**www.PublicSafetyEAP.com**

## **Counseling Benefits**

Many complex issues are best resolved with counseling assistance from a behavioral health professional. Consider calling for help if you encounter problems such as:

- Relationship and family issues
- Depression, stress, or anxiety
- Grief or loss of a loved one
- Eating disorders or substance abuse

When you call, you connect immediately with a counselor. Each of our experienced counselors has a Masters or Ph.D. level of training. If you need a referral to a local counselor for personal visits, we have more than 25,000 providers available to ensure service near your home or workplace.

## **Work/Life Benefits**

Assistance for other personal, family, financial, and legal issues is available. We offer a broad range of solutions for your everyday work/life problems. These may include:

- Debt counseling and restructuring
- Legal problems not related to employment
- Child care or elder care assistance
- Financial information
- Caregiver help and resources
- Real estate and tenant/landlord concerns
- Interpersonal skills with family and co-workers
- Pet Help Center
- Online wellness center

## **Public Safety Resource Centers**

Public Safety EAP addresses specific stressors and issues that public safety personnel and their families face every day.

- Challenges of military deployment and homecoming
- Budget helpers for public safety personnel
- Mental health issues for first responders
- Social media for first responders
- Public safety family matters

## **Information Resource Benefits**

Sometimes the best solutions come from finding the right information. We have created Information Resources – a vast collection of thousands of self-help tools and informative articles that covers virtually every problem you might face. Call or log on to the website to access these benefits. Available resources include:

- **Behavioral Health** - information covering everything from alcohol abuse to personal stress
- **Financial** - articles, tools and information to help with virtually every financial question
- **Legal Information** - topics ranging from adoption to wills
- **Tools for Tough Times** - resources to assist difficult financial issues