

Discover Your Path to Achieve Well-Being: 37 Ways to Use Your EAP

True well-being is about thriving in all aspects of your life. Your Employee Assistance Program (EAP) provided by VITAL WorkLife takes a holistic approach, connecting the dots between physical, mental, and emotional health and provides personalized support to achieve total well-being.

VITAL WorkLife EAP resources are available 24/7 and are 100% free for you and your family. Find coaching, individual or group counseling, and other support for a range of needs and challenges, like:

Mental health support

1. Deal with anxiety, depression, or burnout
2. Explore counseling for grief, loss, or trauma
3. Manage stress related to work or family demands

Relationship issues

4. Couples and family counseling
5. Resolve family conflicts
6. Improve communication skills

Work-life balance

7. Learn time management strategies
8. Balance work and personal responsibilities
9. Set healthy boundaries
10. Save time with outsourced tasks like pet care or tutoring

Substance use

11. Assessment and counseling
12. Find support groups
13. Explore treatment resources



Health and wellness

20. Nourish your body with nutrition know-how
21. Try coaching for accountability
22. Receive fitness guidance for a mood boost

Financial concerns

14. Receive debt or credit management advice
15. Create a budget (and save for a vacation!)
16. Plan for retirement that fits your lifestyle

Legal issues

17. Legal consultations
18. Get help with custody, divorce, or adoption needs
19. Understand legal documents



**Ready to experience
the difference?**



Elder care support

- 23. Get help with caregiving needs
- 24. Find senior living options within budget
- 25. Navigate Medicare and Medicaid with confidence

Parenting challenges and support

- 26. Be a more effective parent with coaching
- 27. Understand childhood ages and phases
- 28. Find local childcare options or enrichment activities
- 29. Help create a safe space with counseling for kids age 6+ and teens

Career development

- 30. Enhance leadership and soft skills with career coaching
- 31. Learn strategies to grow your career

Personal growth

- 32. Learn stress reduction techniques
- 33. Build self-esteem and confidence in dealing with others
- 34. Explore mindfulness practices to ease worries

Workplace challenges and support

- 35. Get help with bullying and resolving conflicts
- 36. Improve your communication and other skills
- 37. Explore professional coaching to learn, grow, or advance



Your Privacy, Protected:

Rest assured, your EAP interactions are completely confidential. Your employer will never know unless you choose to share.



Seamless Access, Your Way:

Getting started is easy! Simply contact HR for your login details and access support 24/7.



Small Concerns, Big Impact:

Don't wait for a crisis. Use your EAP to address even minor worries and proactively safeguard your well-being.