



Washington
EAP SERVICES

1-800-EAP-LINK counseling

1-877-337-9553 work-life consultation

**EMPLOYEE
ASSISTANCE
PROGRAM
(EAP)**

Your employer provides you with an Employee Assistance Program that can help you live the life you want. In addition to counseling sessions (up to six), you have free, confidential access to online resources. Available any time--any day, to assist you with these and other topics:

- Families, parenting, health tools, work issues, aging, grief, mental health, consumer tips, legal, and financial issues
- Databases for education, pets, camps, adoption services, child and elder care
- Monthly webinars
- Handbooks on topics of child, elder and pet care, wellness basics, and financial basics
- Free 30 minute session with an attorney, with a discount for further services
- Library of legal forms including an on-line customizable will and advance directive
- Telephonic financial consultation, articles and resources available for avoiding and responding to identity theft, budgeting, buying a home, managing credit, saving, and retirement planning
- Financial calculators to help with decisions on buying a home or car, saving for college, and retirement
- Lactation and wellness coaching (including a Certified Wellness Coach for weight loss, tobacco cessation, diet, exercise and more)
- Daily Living Consultants available to assist with nearly endless resources and referrals for day-to-day duties (including care giving, home repair, pet services, educational resources, entertainment and more)

**WITH
A SINGLE
STEP**

**you can get
the tools
you need.**

LOG ON to your employee assistance website to access articles, tips, links, and tools:

www.washingtoneapservices.com

CLICK ON: Work-Life in upper right corner

LOGIN: trib

E-MAIL: Available through the website