



We are here to  
help. Any time, day  
or night.

Call or go online today to take the  
first step.

[carelonwellbeing.com/dfs](https://carelonwellbeing.com/dfs)

877-409-1508



#### **Privacy is a priority**

Your personal information is kept private as required by state and federal laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

This brochure is for informational purposes only and does not guarantee eligibility for program services. Employee Assistance Program services do not replace regular medical care. In an emergency, seek help immediately.



**Employee Assistance Program**

We're here for  
life's challenges

**DFIN**

## You're covered

We're here for your everyday problems and questions, big or small. Your Employee Assistance Program benefit offers information, guidance, and support to help you and your family reach your personal and professional goals.

This no-cost benefit is offered by your employer and is completely confidential.

## Digital resources

Visit the Employee Assistance Program website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges. If you don't know where to start, take an assessment to find resources that meet your unique needs.

## Cognitive behavioral therapy

Learn to manage stress, depression, anxiety, substance use, panic, and sleep issues. Digital support tools based on the principles of cognitive behavioral therapy (CBT) are available online at any time.

## Professional counseling

Schedule an appointment with a licensed professional counselor for confidential online or in-person sessions during times that work for you, even evenings and weekends. **You and your household members each receive 5 visits per issue, per year.** Choose from a network of caring clinicians who can help with a range of personal and work related concerns including stress, anxiety, depression, relationships, grief, and life transitions.

## Legal and financial services

You and your family may experience legal and financial hurdles at some point, which can lead to stress and worry. We can help you find discounts on these services and assist you with having a safe, confidential discussion with a legal or financial expert.

## Work/life support

We can help you successfully navigate personal, work, and family concerns. We provide referral services related to child and eldercare, education, growing families, consumer resources, home maintenance and repair, and daily living resources.



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in-person or  
virtual counseling  
sessions per issue  
per year