

Essential Solutions with EAP can help you balance the demands of work, family and personal concerns. By combining our behavioral health management services with an employee assistance program, you have at your fingertips the resources to manage your behavioral health.

For this program to be most effective, contact us as soon as you recognize a problem. By contacting us right away, we can help you solve problems early, before they become unmanageable. We'll also help maximize your behavioral health and medical benefits. This helps you better manage your health and wellness, as well as your health-related costs.

How Can We Help You?

Essential Solutions with EAP includes inpatient and outpatient services to help you cope with any mental health or substance abuse concerns. We also offer case, disease and life management services. You can access our services with one phone call to find the help you need for:

- Stress Management
- Depression
- Grief
- Addiction
- Concerns at work
- And More

When you call us, you will get the first three counseling sessions free. If you continue with additional sessions, you will be responsible for paying a copayment. As an Essential Solutions with EAP member, you also will receive three free life management services to use at any time during the year.

Take the First Step

One phone call to the toll-free number puts you in touch with our professional staff. They can assess your needs and assist you in finding the help you need, when you need it. You can access our services conveniently and confidentially, 24 hours a day, seven days a week.



Essential Solutions
with EAPSM



**For more information,
contact us at:**

1-800-790-5770

Monday through Friday, 8:30 a.m. - 5:00 p.m.

CompanionBenefitAlternatives.com

Helping you keep your life on course



CompanionBenefitAlternatives.com

SM Service mark of Companion Benefit Alternatives, Inc.

What are Life Management Services?

Life management services are designed to help with the common concerns that may affect your work or personal life. Our program includes a variety of services to help you locate the resources and assistance you need.

- **Legal Consultation** Attorneys are available to address general legal issues, domestic concerns and consumer complaints. Simple legal documents, such as a power of attorney, simple will or living will, are also available at a reduced rate.
- **Financial Planning** Financial counselors can help you with money management, budgeting, college funding and retirement planning.
- **Eldercare Services** Our professional staff can help you evaluate available adult care options, provide referrals and resource information, and offer support to caregivers.
- **Childcare Services** We are available when you need help with facility selection, discipline, tutoring, child development, special needs or other concerns.
- **School Assistance** Our consultants can help you research schools and provide you with resources for financial aid, scholarships and test preparation.
- **Adoption Assistance** We can provide referrals to adoption attorneys, placement agencies, domestic and international adoption agencies and support groups.

Case Management

Case management is a voluntary service to help guide you through difficult behavioral health issues. Our licensed health care professionals help identify effective treatment options. They also explain how your options work. Our team coordinates services throughout your treatment. We answer questions and explain your health insurance benefits.

When you choose to participate, you will be partnered with a case manager. Your case manager serves as your advocate. He or she works with you and your health care provider to help you make decisions. He or she also facilitates necessary treatment alternatives and assists with preventive measures when appropriate. Your case manager also helps coordinate any other medical care you may need.

Depression Management

If you suffer from depression, you are not alone. According to the National Institute of Mental Health, clinical depression is one of the most common mental illnesses, affecting more than 19 million Americans each year.¹ You cannot simply “snap out” of depression. Like any serious illness, depression needs to be treated.

Our program provides resources to improve your quality of life by helping you:

- Learn how to better manage depression.
- Develop self-monitoring and relapse-prevention skills.
- Communicate more effectively with health care providers.

If you choose to participate, you will be partnered with a disease manager. This professional will help you plan, coordinate and evaluate your options and the services available to meet your needs. You will receive regular telephone calls from your disease manager. He or she will also provide continued follow-up support, coaching and educational materials. If you feel you could benefit from this program, call today for more information.

Alcohol Management

Have you ever wondered if you drink too much alcohol? If your life would be better if you drank less? Patterns of alcohol use vary from responsible social drinking to at-risk drinking. At-risk drinking is defined as more than five drinks per day for males, four for females. This excessive drinking may then progress to abuse, dependence and addiction. According to the National Council on Alcoholism and Drug Dependence, almost 18 million Americans abuse alcohol.

If you have an issue with alcohol use, we can help. Through this program, participants are partnered with a disease manager. You receive regular telephone calls to monitor progress and provide encouragement and continued follow-up support. If you feel you could benefit from this program, call today for more information.

1. National Institute of Mental Health: “The Numbers Count: Mental Illness in America,” Science on Our Minds Fact Sheet Series. Accessed August 1999.