



Employee Assistance  
Program

When You  
Need Someone  
to Talk To



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## Life's not always easy. Sometimes a personal or professional issue can affect your work, health and general well-being.

*When facing life's challenges, you often turn to family or friends for support. But sometimes that's not enough. Sometimes you need an experienced professional to talk with to know you're not alone.*

Mutual of Omaha's Employee Assistance Program (EAP) assists employees and their eligible dependents with personal and job-related concerns, including:

- Emotional well-being
- Family and relationships
- Legal and financial
- Healthy lifestyles
- Work and life transitions

### EAP Benefits

As an employee, or eligible dependent, of your company your EAP benefits include:

- Access to EAP professionals 24 hours a day, seven days a week
  - Information and referral services
- Service for employees and eligible dependents
- Robust network of licensed and/or certified mental health professionals
- Six face-to-face sessions\* with a counselor (per issue)
- Legal resources
  - Online will preparation
  - Legal consultations
  - Legal library and online forms
- Resources for:
  - Work/life balance
  - Substance use
  - Dependent and Elder Care resources
- Access to a library of educational articles, handouts and resources via [mutualofomaha.com/eap](http://mutualofomaha.com/eap)

\*One legal consultation per issue (maximum three per calendar year). California Residents: Knox-Keene Statute limits no more than three face-to-face sessions per six-month period per person.

### Highly Trained, Experienced EAP Staff

Our EAP staff members are all licensed, master's level Employee Assistance Professionals. They provide a solution-focused approach by assessing your situation and referring to the appropriate resources necessary.

### What to Expect

When you call, you will speak directly to an EAP professional to receive **immediate support and guidance**.

You can entrust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. There is **no cost** to you for utilizing EAP services. If additional resources are needed, your EAP professional can assist by locating affordable solutions in your area.



### EAP Consultation

Mutual of Omaha's Employee Assistance Program provides professional, confidential quality consultation, 24 hours a day.

- [mutualofomaha.com/eap](http://mutualofomaha.com/eap)
- [1-800-316-2796](tel:1-800-316-2796)