



# Better together

*You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.*

**We're here for you and your household members 24 hours a day, 365 days a year. It's free and confidential.**

**Real solutions for real life**

*Take advantage of these services by calling today. Tear off the wallet card below and keep it handy.*

**Resources for Living**

**24 hour confidential access**

**The EAP is administered by Resources For Living, LLC.**  
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**Resources for Living**

# Life happens.

# Stress less.

# Live more.

## Emotional support

*“I was tired of trying to do everything to keep up. This service helps me take care of myself and my family, saving time so I can have what matters — a healthy, happy life I love.”*



**Emotional support** — Talk to someone about what’s on your mind — stress, relationships, anxiety, depression and more. Meet face-to-face, by video stream or get in-the-moment support by phone.



## Daily life assistance and online resources

**Member website** — Check out video resources, articles, assessments, webinars, podcasts and more.

## Legal and financial



**Legal** — Speak with an attorney for things like guidance on small claims court, family or domestic issues and identity theft support.



**Financial** — Discuss budgeting, credit and more with a financial expert.



## Resources For Living

No matter what you need, we’re here for you.

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