

EAP BENEFIT REMINDER



Lucas County Ohio **EMPLOYEE ASSISTANCE PROGRAM (EAP)** is a *no-cost benefit* provided to all employees and eligible dependents. This benefit provides *confidential* access to *solution-focused* counseling and support for personal and/or work-life challenges.

LIGHTHOUSE EAP CAN HELP YOU BE YOUR PERSONAL BEST

- Relationships and family communication
- Managing stress and change
- Coping with grief and loss
- Substance abuse cessation support
- Managing anxiety and/or depression
- Life transitions and major decisions
- Workplace communication
- Parenting support and guidance
- Balancing work/life responsibilities
- Caregiver challenges and support
- Coping with diagnosed illness/pain
- Goal setting/motivation/action plans
- Anger management/domestic violence
- Trauma/critical incident support

Solution-focused Counseling, Coaching, Referrals, and 24/7 Crisis Support



Lighthouse EAP
419.475.5338
or 800.422.5338



Legal/Financial Assist: 1.866.210.8117
www.worklifeexpress.com
User: LucasCounty PW: eaplegal

YOUR LIGHTHOUSE EAP BENEFIT INCLUDES:

- **Confidential and Professional** short-term counseling and life coaching
- Up to **5 no-cost sessions** per program year
- **24/7 Crisis Support** – professional guidance when you need it most
- **Household Coverage** includes spouse/partner, unmarried dependent child under age 26
- **Accessible Providers** (near work or home) for in-person, phone or video sessions (scheduler will help identify a convenient and appropriate location for you)
- **24/7 Legal/Financial Assist:** Direct access to a consultant who will provide information and referrals to services: legal advice; in-person legal consultation; discounted legal fees through a network attorney; telephonic financial educators; secure website with legal and financial resources including 100+ legal and financial forms which can be downloaded for your use.