



Employee Assistance Program

For GeoBlue International Workers

Balanced living relies on total well-being. It's important to recognize when situations create an unhealthy amount of stress, distraction or worry. Where do you go when you need help? You have two assistance programs available to you at no extra cost.



Counseling Services – Florida

The Counseling Services – Florida is designed to help you and your family cope with the challenges and demands of your unique life and work. The staff shares similar life experiences and are also licensed clinical professionals. Services are available by phone, email or a secure video platform.

Through the Counseling Services – Florida, you and your family will have access to a staff of caring providers who are willing to help with issues such as:

- Personal, interpersonal or community crisis.
- Communication skills and struggles.
- Life and work balance.
- Transitions and life changes.
- Stress and burnout.
- Grief and loss.
- Anxiety and depression.
- Workplace issues and struggles.
- Marital issues.
- Parenting issues.
- Crisis/Trauma recovery.

CONFIDENTIALITY

Both programs are staffed by clinicians who are completely independent of an employer. They're bound by professional standards regarding confidentiality, and don't disclose details of individuals who have contacted the service. Any information provided by a member won't be shared with an employer. There is no cost to use either one of these services.



GeoBlue Employee Assistance Program

The Global Employee Assistance Program provides support similar to the Counseling Services – Florida. Services are available 24/7 by phone, email or web.

Professionals are ready to assist with any issue. Topics include, but are not limited to:

- Improving family communication.
- Harmony between work and home life.
- Managing life changes.
- Handling stress.
- Surviving the loss of a loved one.
- Managing anxiety and depression.
- Substance use.
- Bullying and harassment.
- Managing workplace pressure.
- Couple support.
- Parenting.
- Caring for an elder.
- Referrals to local resources, including attorneys, financial professionals and much more!

GeoBlue recognizes that expats and their families encounter stressful situations that can affect their general well-being. Before any work or life issue becomes a larger problem, or for support when facing difficulties, contact them for confidential counseling, resources, and information to help regain focus. You and your family members can receive up to five free counseling visits per issue.

Contact Counseling Services – Florida

OR

Contact the GeoBlue Global EAP

Phone:

- Inside the U.S.: **407-644-4692**

Email:

- admin@lcsfl.com

Website:

- lcsfl.com

Use the GeoBlue Mobile App

- Click telehealth button
- Click talk to a counselor

Phone:

- Inside the U.S.: **877-249-4765**
- Outside the U.S.: **+44 208 987 6228**
(Contact your international operator and request that the charges be reversed or dial us direct and we will call you back.)

Website:

- geo-blue.com

SMS Texting:

- **+44-790-934-1229** (Standard text messaging rates may apply. Please include your name, country location and a phone number where you can be reached.)