

Global Employee Assistance Program

WHETHER YOU ARE EXPERIENCING STRESS OR DIFFICULTIES AT WORK OR AT HOME, CONTACT US FOR FREE, CONFIDENTIAL COUNSELING AND OTHER RESOURCES TO HELP YOU REGAIN FOCUS.

Live Assistance Is Always Available

Talk with a live counselor, available 24/7/365, who can provide confidential assistance for any work, life, personal or family problem. Support services include: short-term professional counseling, in-the-moment telephonic support, and information about local resources.

Member Support Worldwide

- Up to five sessions of counseling per issue, per year
- No additional cost to use the service
- Provides information, resources, and counseling on any work, life, personal, or family issue that matters to you
- Support and resources available in several languages

The Service Is Confidential

The employee assistance program is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information provided by you or your dependent(s) will not be shared with your employer.

Access Is Easy

No matter when, no matter where, free, confidential support is available around the clock by phone, email, or web. **Call or log on to get started.**

We Are Here to Help

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

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

Use the GeoBlue Mobile App

- 1 Click telehealth button
- 2 Click talk to a counselor

WELLNESS PORTAL
www.geo-blue.com

To request a counselor go to 'Contact a Counselor' under 'Centers' within the wellness portal homepage

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