

## Onsite EAP Services - Now Available Telephonically



### Get support... No travel required.

Find support with Onsite EAP services. For a limited time, Onsite EAP services are being offered telephonically making it easier for you to get connected. Confidential consultations are available at no cost to you and may include referrals for assistance or coaching on topics such as:

- Work-life balance
- Parenting and family concerns
- Depression, anxiety and stress
- Legal or financial concerns
- Setting achievable goals

### A convenient way to connect with EAP through Onsite EAP consultations



#### Support when you need it

Consultants provide assistance for a variety of issues including stress and resiliency tips during uncertain times.



#### Getting you connected

Easy access to referrals for other services available to you.



#### Quick and easy scheduling

Call or email to schedule your confidential session. To contact your Onsite, please call or e-mail:

**Autumn Benton**

**952-687-3720**

**Autumn\_Benton@optum.com**

Visit [LiveandWorkWell.com](https://www.liveandworkwell.com) to learn more about your EAP services and find available resources to help yourself and your loved ones. Sign in using your company access code: **WesternU**

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