



Live Well  
and  
Work Well



## What does AssistNet provide for members?

The Employee Assistance Program provided by AssistNet offers solutions for living well at home and at work. We provide confidential support for a variety of concerns, from coping with grief and stress to information and support on financial issues, childcare, relationships, or becoming a more effective manager at work. Our goal is to help you live a happier, more fulfilling life - today and every day. Areas of service include:

### Emotional Wellness

EAP services address issues that impact a member's job performance as well as overall quality of life, such as:

- ✦ personal and family relationships;
- ✦ difficult emotions such as depression, anxiety, or grief;
- ✦ handling stress;
- ✦ dealing with addiction issues; and
- ✦ financial or legal concerns.

### Management Support

Via the EAP, managers and leaders have the tools to address workplace challenges such as:

- ✦ improving leadership skills;
- ✦ motivating teams;
- ✦ handling difficult employees;
- ✦ negotiating conflicts, terminations; and
- ✦ telephonic critical incident support.

### Work/Life Balance

Information and Referral Specialists assist with finding government and community resources for a variety of individual needs, be it:

- ✦ locating affordable childcare;
- ✦ overcoming credit card debt;
- ✦ funding college expenses; or
- ✦ identifying local support groups.

### Service Features

Services are available via the convenience of our live answer telephone call center 24/7/365. Other features include:

- ✦ free and confidential;
- ✦ services available in Spanish, French and TDD;
- ✦ immediate access to telephonic counseling for first time callers;
- ✦ Masters prepared and licensed counselors;
- ✦ immediate access for managers with workplace challenges;
- ✦ telephonic critical incident support;
- ✦ Information and Referral Specialists on staff; and
- ✦ educational materials available.

### Comprehensive Website

Visit our website and follow the links for information and resources arranged by topic. You'll find resource articles and links, childcare and eldercare locators, and assessments and tools to support health and wellness. For immediate help or one-on-one support, simply call the toll free number to access one of our trained consultants.

### Confidential and Convenient

With the right tools and information, individuals can overcome a variety of challenges. Vital resources are accessible on-line or by phone. Services are confidential and offered to you and your family members. Support is there when and where you need it, enabling you to

*LIVE WELL!*

[www.rfl.com](http://www.rfl.com) ✦ 866-326-7172

AssistNet provided by Resources For Living