

# The Employee Assistance Program (EAP) A Benefit Provided To You By The Colleges of the Fenway

We understand that the demands of your personal and professional life are great. AllOne Health Resources EAP is designed to help you meet the challenges of these demands by offering you, your dependents and your household members Confidential Counseling and Referral Services. This free benefit is available 24 hours a day, 7 days a week. Call to speak to a licensed EAP Consultant who will listen to your concerns and offer guidance to help meet your needs. Below is a description of the services available to you through the EAP.

## Confidential Counseling Services

Employees, dependents and household members are eligible to receive free counseling and referral services. Counselors are available at many convenient locations close to the Colleges of the Fenway or your home. A counselor can help you become a better communicator; resolve relationship conflict; address family concerns; manage depression and anxiety; assess your level of stress; talk about a loved one's drinking; or discuss any other personal issue.

## Consultation about Work Issues

The quality of your work life is important. That's why we invite you to call us about the work challenges you face. You may want to talk about a relationship with a co-worker or about how to work more effectively with your supervisor. Our EAP consultants will offer you feedback and suggestions.

## Free Legal Assistance

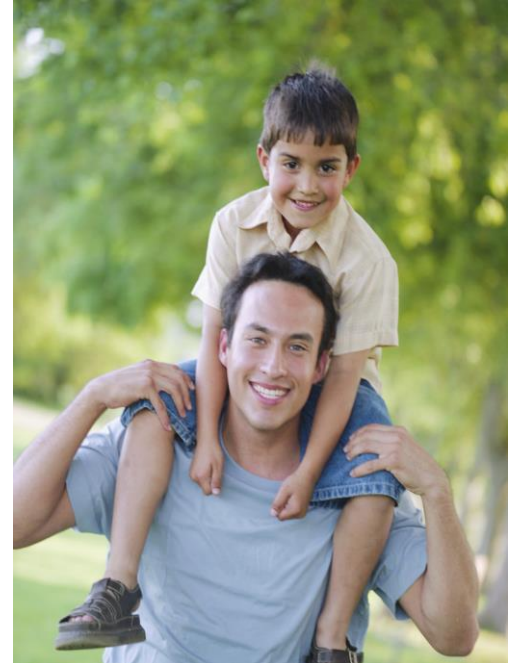
This service provides one free 30-minute office or telephone consultation per legal matter, excluding job-related legal issues. Typical matters include divorce and child custody; car accidents; contractual and consumer disputes; real estate and landlord/tenant issues; and insurance disputes. Employees also receive a 25% discount for additional services provided by a network attorney.

## Free Financial Assistance and ID Recovery Services

Employees and household members receive one free telephone consultation per financial issue. Typical financial issues include credit card debt; financial planning; retirement consultation; college planning; and tax advice.

## New Parents' Partner

You receive up to three 60-minute telephonic coaching sessions for new parents. 1<sup>st</sup> call is before delivery and the 2<sup>nd</sup> call is after delivery and before return to work.



## Fear-Less Flying

You receive up to three telephonic consultations per issue.

## Work-Life Consultation and Web

Our work-life consultants and self-search website can help you locate a child care provider; find an assisted living program; search for the right educational program or summer camp, find a pet sitter and more...

## Website Features Include:

- 3000 tip sheets, articles, and resource guides
- Child and elder care locators
- Financial and daily living calculators
- Assessment tools

## 24/7 Internet Login:

[www.allonehealthep.com](http://www.allonehealthep.com)

User ID: simmons

Password: employee

1-800-451-1834

ALLONE<sup>SM</sup>  
HEALTH

