

Self-help Resources

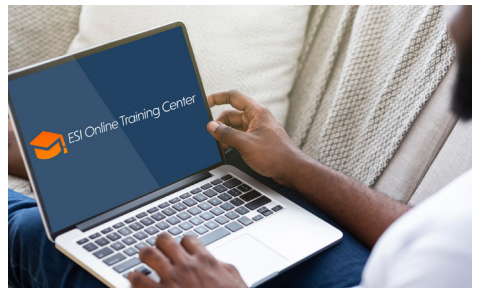


A vital benefit to help with everyday issues

To access this benefit, you can call the EAP or log on to the website, www.theEAP.com, for thousands of articles, videos and tools to help you resolve personal problems or improve your personal or professional life. Find trustworthy information on thousands of topics including:



- Adoption & Child Care
- Personal Finance
- Emotional Wellbeing
- Parenting
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Education



More benefits than any other EAP.

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TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Go to www.theEAP.com
2. Click the **Employee and Family login** button.
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps (a) & (b).**
 - a) Click on **REGISTER**.
 - b) Fill out the Registration Form to create your own User Name and Password, then click Register.

***You only need to register once.**



You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles

- Thousands of Legal articles
- 800,000 Child/Elder care providers
- Personal Growth programs
- Mental and Physical Health assessments
- Financial tools and calculators
- Career Development information
- 900 Health videos

Plus, important resource centers that include:

CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

TRAINING CENTER

Access to over 8,000 personal and professional development trainings and courses in a variety of easy to use formats.

LOCATORS

Search for child and elder care resources in your local area.

EMOTIONAL WELLBEING

Identifying a problem is the first step to getting help! Assess your overall emotional wellbeing with screenings for depression, anxiety, drug abuse and more.

ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

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