

EAP Resources

Ulliance

Enhancing People. Improving Business.

Whatever challenges you may be facing – parenting, eldercare, or your own personal struggles – Ulliance can help you find more information about your presenting concerns and point you in the right direction to get the assistance you need.

What are some examples of EAP resources?



Resources could be a list of relevant agencies or organizations in your area; it could be a list of websites; or it could be a FREE work/life book from the Ulliance library.



8.4 MILLION

8.4 million people in the U.S. care for an adult with a mental/emotional health issue



DEPRESSION

High schoolers with severe depression—more than 2X likely to drop out of school compared to peers

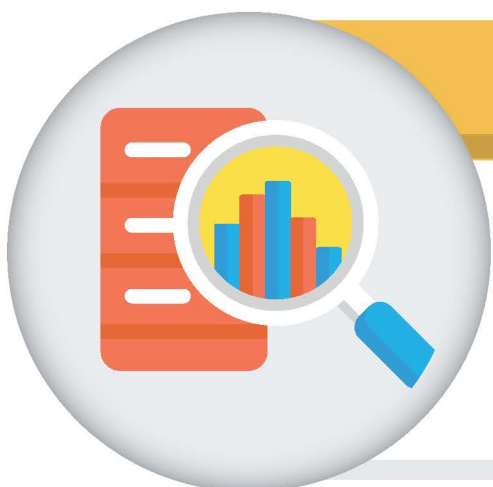
Book topics available at no cost...

Caring for Aging Parents, Grief After Suicide, Bullying, Stress Reduction, Love Our Vets—PTSD, Building Resilience In Children & Teens, Rewire Your Anxious Brain, Beyond the Blues, When Your Adult Child Breaks Your Heart—**AND MORE!**



Why explore these resources?

Because there may be ideas and possible solutions you haven't thought of yet. By educating yourself and gathering all possible resources at your disposal, you will be better able to address your work/life challenge.



How can Ulliance help?

Ulliance offers free, confidential support and resources such as:

- Counseling to help you manage stress, depression and anxiety & to build your confidence.
- Coaching as a tool to help you proactively address goals such as problem solving & developing coping strategies.

• Books and workbooks on stress management & anxiety **CALL US ► 800.448.8326**