



Continuum

Keeping You Productive at Home, Work & Life

At one time or another, life is difficult for all of us. Sometimes the problems we experience are minor or temporary, and sometimes they are significant and deeply rooted. All can have an impact on our quality of life and the ability to perform our work. Continuum EAP is a free and confidential benefit that your employer provides to help you deal with these challenges.

Ways We Help

Short-term Counseling:

Problem solving oriented for all types of issues including individual and family situations. Offered face to face, telephonically and via video.

Referral Services:

Recommendations and referrals to qualified & affordable long-term or specialized resources that best meet your needs.

Legal Assistance:

Professional consultation, self-help website, and discounted rates if further legal representation is desired for most non-employment related issues.

Financial Assistance:

Consultations with seasoned financial counselors. Help with debt management, budgeting, taxes, retirement and college planning.

Work/Life Services:

Assistance with life's daily challenges with consultation, information and education.

Online Resources:

Resources, self-assessment tools, articles, and training.

Wellness Coaching:

Telephonic and on-line assistance with weight management, smoking cessation, emotional health, and goal setting.

Things are fine at work, but I'm having personal difficulties. Can EAP help?

EAP services are available to you and your immediate family members to deal with all sorts of personal difficulties. Our goal is to help you with personal issues so they don't become work related problems.

Will anybody know that I went to EAP seeking help?

No information, including your name, can be released without your written consent. The only exceptions are those required by law such as duty to warn of serious threat or mandated reporting of child or elder abuse.

My spouse is having problems that are affecting our home life. Is there some way I can offer help?

You and your immediate family members are eligible for EAP services. You can encourage your spouse or family members to contact EAP for confidential assistance or you can connect with an EAP professional for assistance with problem solving.

Will this service cost me anything?

EAP services are free of charge to you and your immediate family members. If you are referred for additional services you will be responsible for the costs. Whenever possible, the EAP seeks to find resources that are affordable or covered by your health insurance plan.

Who are the EAP staff?

Continuum is staffed by highly qualified counselors and consultants who have many years of experience in providing specialized services. All of our EAP professionals are licensed and hold advanced degrees.



Please do not hesitate to use this valuable service whenever you need it. It's easy to access, free and confidential. It's okay to need a little help now and then.

Call us: **402-476-0186** or **800-755-7636**

Check us out at: **www.4continuum.com**

Connect with us at: **easpecialist@4continuum.com**

