

## Life Advisor Employee Assistance Program

LifeAdvisor.com



The Ulliance EAP is part of your benefits package and offers total well-being services to you, your spouse/live-in partner and dependents through the age of 26.

### Counseling

Feeling overwhelmed with work, relationship issues, addiction, or loss? Expert counselors offer guidance through **in-person chats, virtual video sessions, or phone calls** for solutions and breakthroughs.



### Coaching

Tackle life's hurdles with a Life Advisor Coach, ready to chat via phone or video. **Crush those career goals, save for a rainy day, or level up your self-improvement** game with our pro tips and tricks.



### Crisis help

You can speak with a mental health professional by phone at any time, **24 hours a day, 7 days a week**—365 days a year.



### Legal & Financial Consults

Our experts offer support and resources to help you navigate difficult situations, including **legal advice, financial planning, and debt management**.



### Resources & more!

Explore **expert advice, articles and tips** for a fulfilling life. Join **webinars**, watch orientation **videos** to discover hidden talents. Learn how to access **community resources**, the Ulliance **identity theft program**, plus **travel and entertainment discounts** for you and your family.



### Connect with us

**Call us today and kickstart your journey to becoming the ultimate version of yourself!**



**800.448.8326**