



## **Introduction to the Employee Assistance Program**

Everyday life can be quite a scramble as you juggle work and personal responsibilities—not to mention the unexpected problems that occasionally pop up. To help you manage the competing time demands and stress of today's 24/7 world, Florida Conference has partnered with United Behavioral Health to provide you and your family with an **Employee Assistance/Work Life Program** (EAP) called "WorkingSolutions".

Please identify yourself as being with The Florida Conference of the United Methodist Church when you call WorkingSolutions at **1-800-788-5614**.

Your EAP delivers — at no cost to you — a full range of expert services to help you live and work well. For example, the program can help you find:

- Professional counselors for help in dealing with emotional concerns like job stress, anxiety or problems with drugs and alcohol
- Financial advice
- Assistance with a frustrating legal issue
- Ways to sharpen communication techniques and develop other useful job skills
- And much more

Additionally, clergy will continue to have access to a pastoral consultation service as was available under the GBOPHB plan.

Just one toll-free phone call is all it takes to reach an experienced EAP professional who will consult with you and recommend the right information, resources and support you need to improve life at home and at work. You also continue to receive up to **eight** free in-person counseling sessions per separate issue, per member living in your household and including a student away at college.

The EAP also gives you free access to [LiveAndWorkWell.com - Behavioral Health, Work/Life and EAP Services](http://LiveAndWorkWell.com), an interactive website that delivers a host of useful work and wellness resources right to your fingertips. Discover interactive learning programs, try useful planning calculators, search for community resources, download health and wellness articles, and much more when you visit this site. The access code for all Florida Conference participants is "**FLUMC**".

To put the EAP to work for you, call **1-800-788-5614**. Your EAP is available 24 hours a day, everyday. All calls and use of services are kept completely confidential. We hope you continue to enjoy all the advantages your EAP has to offer.