



***EAP & WORK LIFE
SERVICES: AN
OVERVIEW FOR
DEL-CO WATER***



Who is HelpNet?

HelpNet is:

- A *confidential* national Employee Assistance Program that helps individuals and families manage life's challenges.
- Has been providing EAP services for 31 years.
- Takes a holistic approach in helping employees & dependents address their everyday issues and concerns.
- Utilizes a national provider network of Master's level counselors.
- Provides a work life website full of supportive tip sheets and a robust suite of helping resources accessible 24/7.
- Provides support to supervisors and managers who are dealing with challenging employee situations.



HelpNet Areas of Expertise

- Relationship Issues
- Substance Abuse
- Stress and Anxiety
- Anger Management
- Depression
- Family Concerns
- Financial and Legal Assistance
- Supervisor and Management Support
- Work-Life Balance
- And Much More



Work Life Services

Work-Life Services are...

- Confidential
- Available around-the-clock every day of the year
- Free to employees and their covered dependents
- Balancing the competing demands of work and family life can be a very difficult and frustrating task.
- Employers understand this and have added a new benefit that provides a little extra support to manage life's frequent challenges.



Work Life Website Overview

The on-line service includes:

- 5,000+ content records
 - 350 interpersonal and workplace topics
 - Self-search locators for:
 - child and elder care; public and private schools;
 - adoption; volunteer opportunities
 - Interactive wellness assessments
 - Streaming audio and video
 - Self assessments and personal plans
 - Monthly Online Seminars
- and much more*



A helping hand when you need it most

HelpNet

(800) 969-6162