# Employee Assistance Program Review





### **SOLUTIONS FOR YOUR UNIQUE ISSUES**





# Get the care and resources you need.



Scheduled counseling and in-the-moment support to improve your life and relationships. As well as Critical Incident Counseling available for catastrophic events or accidents.

Tools for Tough Times

Help with issues such as stress, depression, grief, anxiety, substance abuse, domestic abuse, relationships, divorce, life changes, trauma, PTSD and more.

Caring for Others

Services and resources to navigate family dynamics, parenting, childcare, adoption, senior services, eldercare, military and veterans, disability care and even pet care.

Financial and Legal

Advice and tools to help with money matters and changes in your financial situation. Legal education and access to legal and financial info and forms.

Work-Life Resources

Online access to skill-building courses, assessments, forms, calculators, quizzes, videos, articles and more to feel your best at work, home and in your community.



#### Perspectives WorkLife Program

#### **CHILDCARE**

#### **Childcare Consultation & Referrals:**

- Before/After School Care
- Childcare Centers
- Family Day Care
- Nannies & In-home Care
- Summer Camps

#### **Information & Support:**

- Adolescence & Child Development
- Adoption
- New Parents
- Pregnancy
- Special Needs
- Special Education Consultant
- Lactation Specialist

#### **ELDERCARE**

#### Consultation & Referrals:

- Assisted Living Facilities
- Caregiver Support
- Community Services
- Home Health Care
- Hospice Providers
- Nursing Homes
- Respite Care Providers
- Transportation Services

#### **CONVENIENCE SERVICES**

#### Information & Referrals:

- Community Education Classes
- Fitness Programs & Trainers
- Home Cleaning
- Home Repair Services
- Moving Services
- Organizer Services
- Pet Care
- Relocation Information
- Yoga Classes

#### **LEGAL**

#### **Consultation & Referrals:**

- Bankruptcy
- Child Custody & Support
- Consumer Issues
- Elder Law
- Estate Planning
- Immigration
- Landlord Tenant Disputes
- Real Estate Concerns
- Restraining Orders
- Separation & Divorce
- Wills & Trusts

#### **NUTRITION**

#### Resources & Referrals:

- Child Friendly Meals
- Diabetes
- Food Allergies
- Gastrointestinal Problems
- Healthy Eating
- High Blood Pressure
- High Cholesterol
- Lactation
- Weight Management
- Registered Dietitian

#### **HEALTH**

#### Resources & Referrals:

- Complementary Medical Providers
- Health Coaches
- Health Spas
- Meditation Programs
- Mindfulness Programs
- Sleep Programs
- Smoking Cessation Programs
- Support Groups for Chronic Illness
- Twelve Step Programs

#### **WORK**

#### **Resources & Referrals:**

- Career Exploration
- Interest Testing
- Job Performance Concerns
- Job Search Strategies
- Resume Review
- Volunteer Work
- Career Coach

#### **FINANCIAL**

#### **Consultation & Referrals:**

- Budgeting
- Credit Problems
- Debt Management
- Financial Wellbeing
- Financial Aid
- Homebuying Information
- Insurance Planning
- Retirement Planning
- Tax Resources



## **New Promotions**

- New App
- New Website
- New resources and materials
  - Constantly looking at the needs of customers based on current events and stressors



# Technological Capabilities

## Get Access Anytime, Anywhere

We are a people-driven company enhanced by technology







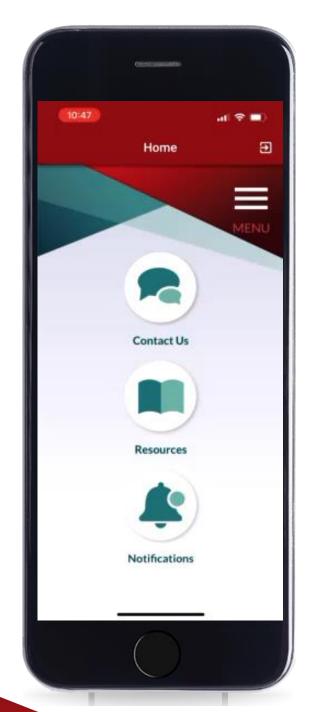
WorkLife Live Chat

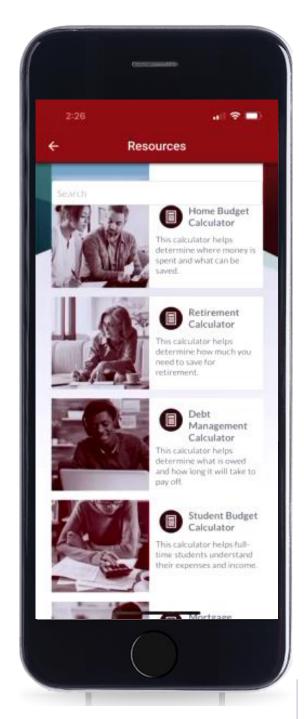


**Perspectives LTD** App



App Live Chat/Resources Illustration







# **New Perspectives Website**



• Direct link to the log in page (<u>www.perspectivesltd.com/login</u>)



# BetterHelp Partnership

Perspectives EAP partnered with BetterHelp to provide additional virtual counselors. Your staff will be matched with a counselor within 24-48 hours.









Call or Text 24/7 | 800.456.6327



Login into the Perspectives Ltd App to speak with a counselor or for other resources



Make an appointment for video or phone counseling support with an EAP Counselor



Or chat with a counselor - Login to your Worklife online portal and click "Live Chat" button in in the "Resources and Self-Help" tab.



Login to www.perspectivesltd.com WorkLife Online resources

Username: LOY500

Password: perspectives

Scan this QR code to download the Perspectives Ltd App!





# Thank You

Perspectivesltd.com

800.456.6327