

TotalCare EAP can help with virtually every area of life



PERSONAL

Personal Stress
Anxiety
Alcohol Abuse
Drug Addiction
Depression
Medical Conditions
Grief/Bereavement
Gambling
Weight Control
Anger
Chronic Pain/Illness

Eating Disorders
Life Transitions
Pregnancy/Post Partum
Personal Trauma
Sexual Concerns
Domestic Violence
Learning Disabilities
Smoking
Men's/Women's Issues
Nutrition



FAMILY & RELATIONSHIPS

Marital
Parenting
Caregiving
Childcare
Eldercare
Education Planning
Adoption
Family Pets
Special Needs Child
Blended Families

Teen Issues
Domestic Partners
Physical Abuse
Family Relocation
Sandwich Generation
Military Life/Separation
Disaster Preparedness
Communication
Keeping Children Safe



FINANCIAL & LEGAL

Debt
Credit Card Issues
Financial Loss
Bankruptcy
Budgeting
Retirement Planning
Wills & Trusts
Real Estate Law
Car Buying
Immigration
Divorce
Civil Suits

Criminal Law
DUI/DWI
Landlords & Tenants
Homeowner Concerns
Taxes
Insurance
Consumer Law
Contracts
Personal Injury
Child Custody
Social Security



WORK & CAREER

Employee Conflict
Work Related Stress
Coaching
Supervisor Conflict
Team Development
Career Planning
Management Skills
Supervising Others

Time Management
Skills Development
Project Management
Motivating Self & Others
Valuing Diversity
Managing Change

800-252-4555
www.theEAP.com