

# Practical Solutions for Everyday Concerns



## Confidential Counseling

- Anxiety
- Depression
- Emotional Health
- Effective Communication
- Family & Relationship Difficulties
- Grief
- Life Transitions
- Parenting Concerns
- Stress
- Substance Abuse



## Work-Life Balance

- Adoption Resources
- Career Transition Resources
- Child Care Options
- Education Resources
- Health & Wellness Information
- Home Health Care Services
- Home Maintenance
- Parenting Resources
- Pet Care Services
- Senior Housing Options



## Legal-Financial Fitness

- Bankruptcy
- Credit Report Review
- Debt Management
- Divorce & Custody Issues
- Estate Planning & Will Preparation
- Financial Counseling
- Financial Planning Resources
- Foreclosure
- Identity Theft Recovery
- Real Estate
- Small Claims

### RESPONSIVE

Professional counselors are available to speak with you. Our team of caring professionals helps clarify the nature of your concern and presents the best options available to meet your needs.

### CONFIDENTIAL

Your confidentiality is protected by federal and state law as well as our professional ethical standards. With very limited exceptions, disclosure of information to any source without prior written consent is prohibited.

### 24/7 ACCESS

Support is available 24 hours a day, 7 days a week by calling our toll-free number: **877.215.6614**

### ELIGIBILITY

Workplace Solutions' services are available to eligible employees and their dependents, as well as the eligible employee's household members.

### COST

There is no cost to you or your eligible family members to utilize Workplace Solutions services.

Log in to the **WORKPLACE SOLUTIONS PORTAL** at [www.wseap.com](http://www.wseap.com)

Enter your organization's access code.

Gain access to hundreds of resources including:

- Webinars On Demand
- Work-Life & Legal-Financial resources
- Lifespeak On Demand video resources
- iConnectYou app

EMPLOYEE SERVICES

Enter access code

NSSEO

Log in

HR PROFESSIONAL

Enter access code

NSSEO

Log in

iConnectYou

Enter access code

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Download the app from the App Store (iOS) or Google Play Store (Android).

# Maximizing Your EAP Resources

## Life Coaching ●●●

Engage in a thought-provoking creative process with a certified telephonic coach to navigate life's transitions and to maximize your personal and professional potential. An initial 45-60 minute session will start your 6 sessions with subsequent 30 minute follow-up sessions.

*Available in English and Spanish.*

## Aware Mindfulness-Based Stress Reduction ●●●

Aware is a unique research-based program that is an alternative modality of support for participants experiencing life stress, pain and challenges with focus and concentration. Through 6 weekly telephonic sessions, MBSR-trained health and wellness professionals provide one-on-one support and supply electronic resources for self-guided individual practice.

*Available in English and Spanish.*

## In My Hands: Computerized Cognitive Behavioral Therapy (cCBT) ●●●

In My Hands is an online self-paced program designed to help improve one's personal well-being, relationships and work and social roles. Seven online CBT sessions are delivered over the course of seven weeks, with scheduled e-mail and/or telephone support from qualified counselors and additional support as needed. Sessions include: Introduction to CBT; Self-Esteem and Thinking Styles; Low Mood and Depression; Stress and Anxiety; and Coping and Resilience. In My Hands makes extensive use of video and other multimedia elements and is easy to use.

*Currently available in English only.*

## Virtual Group Counseling ●●●

Connect with a group of 4-8 individuals experiencing similar issues for a 90 minute phone session once per week for a total of 8 weeks. For confidentiality reasons, no two people from the same organization will be invited to the same group. Participants can choose to participate anonymously in group sessions.

*Currently available in English only.*

## iConnectYou ●●●

Our free app provides information, resources and support at the touch of a button 24|7|365. You can access many program services through the app. The app supports calls, IM, text and video. Please find your passcode on the front side of this sheet.

*Available in English and Spanish. Video calls are staffed in English.*

# NEW FOR 2019 – Webinars on Demand



DATE	TITLE	DESCRIPTION
JAN 15	<b>Fostering Inclusion in the Workplace</b>	Inclusive work environments are productive environments! This seminar discusses how employees and managers can create an inclusive workplace.
JAN 17	<b>This Year is Going to be Different! Building Good Credit and Improving Your Credit Score</b>	Your credit score is very important. In this seminar, we will motivate and reassure participants that don't have a good score that there are ways to make it better.
FEB 19	<b>Mental Health First Aid</b>	Recognize the signs of someone who might be facing emotional concerns, and learn best practices for offering support.
MAR 21	<b>What was I Afraid of? Conquering Fear and Anxiety</b>	In this webinar, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.
MAR 19	<b>Interpersonal Communication: Social Skills for Success</b>	Explore verbal and nonverbal communication to better understand how interpersonal communication may be interpreted by others.
APR 16	<b>Understanding Resilience</b>	Delve into techniques for becoming more resilient, and understand that the first step is acknowledging one's own feelings.
MAY 16	<b>Break It Up! Conflict Resolution for Managers</b>	Learn the skill of resolving conflict in the most amicable way, benefiting individual and team productivity.
MAY 21	<b>Healthy Mind Toolkit</b>	Learn practical exercises for restful sleep, balanced nutrition, healthy relationships, mindfulness and more, to add to your "healthy mind toolkit."
JUN 18	<b>Mindfulness Matters</b>	Explore basic mindfulness principles and learn some techniques that you can put to immediate use.
JUL 18	<b>Let's Get Going: Using Motivation to Bring Out Your Best</b>	In this seminar, we take a look at the inspiring theories of motivation and how to incorporate them into our busy work day.
JUL 16	<b>Making a Life While Making a Living: Work-Life Balance</b>	Identify strategies to be more effective at home and at work.
AUG 20	<b>Effective Budgeting</b>	Develop better skills for tracking spending, reducing debt, and developing a personal plan for financial success.
SEP 17	<b>Maximizing Your Day: Effective Time Management</b>	Better understand basic time management principles and what characteristics make effective time managers.
SEP 19	<b>I Need a Time Out: Resiliency for Working Parents</b>	This seminar will provide tools to help you better manage stress, while maintaining a sense of work and family life balance.
OCT 15	<b>Emotional Wellness: Building Better Mental Health</b>	Gain coping strategies for dealing with adversity in a constructive way, and develop structured mechanisms for building better mental health.
NOV 19	<b>The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving</b>	Identify common family dynamics, gain insight on knowing when it's time for additional caregiving resources, and explore self-care techniques.
NOV 21	<b>Why am I Still Hungry: Emotional Eating and You</b>	Are you an emotional eater? For those who want to move out of emotional eating, there are identified steps, best practices and resources.
DEC 17	<b>Examining Relationships: Healthy vs. Unhealthy</b>	Examine different types of relationships while learning to recognize healthy and unhealthy relationships.

EMPLOYEE SERVICES

Enter access code

NSSEO

Log in

Access the portal at [www.wseap.com](http://www.wseap.com) using your organization's access code.

**All of these webinars are accessible in the Workplace Solutions employee portal.**  
They can be found under the Webinars section.

[www.wseap.com](http://www.wseap.com)

