



PRACTICAL SOLUTIONS for EVERYDAY CONCERNS

 Workplace Solutions®
800-327-5071
www.wseap.com

COUNSELING SOLUTIONS



We all experience personal and professional stress at some point in our lives. Workplace Solutions offers the support and guidance you need to effectively bounce back from life's challenges, no matter how big or small.

Common concerns include:

- Personal and professional stress
- Relationship difficulties
- Lifestyle or health changes
- Parenting and family matters
- Addictive behaviors
- Emotional health concerns such as depression and anxiety

WORK-LIFE SOLUTIONS

to help you make time for what matters most

Access to no-cost consultation for assistance with resources and referrals related to work, family, health and everyday living. Topics include:

CHILD CARE & PARENTING

- Day care centers & in-home providers
- Back-up care
- School-age care
- Summer camps
- Parenting classes & support groups

OLDER ADULT CARE

- Community agencies
- Senior housing options
- Respite care
- Companion services

DAILY LIVING

- Home maintenance
- Pet care services
- Entertainment
- Volunteer opportunities
- Errand services
- Wellness resources



EDUCATION

- K-12 public & private schools
- Higher education
- Financial aid/scholarships
- Tutoring programs

ADOPTION

- International & domestic agencies
- Adoption support groups

LEGAL-FINANCIAL SOLUTIONS

LEGAL

Two types of legal services are available:

- **More than 50% of those requiring legal assistance do not want or need to retain an attorney.** Your concerns can be addressed through a free telephonic service. **Consultation:** Access to a free consultation (up to 30 minutes) with a qualified attorney.
- **Employees who have an immediate need for in-person legal consultation** can receive a referral to a conveniently located attorney with appropriate expertise. **Referral:** Access to a free consultation up to 30 minutes; discounted fees may apply if additional assistance is required.

Employment law is NOT a covered area

FINANCIAL

Free telephonic consultation with a financial counselor qualified to address a range of financial topics, including:

- Bankruptcy prevention
- Budgeting
- Comprehensive financial fitness
- Credit report review
- Debt reduction and management
- Estate planning
- Financial planning
- Foreclosure prevention
- Home buying
- Long-term goal setting

ID RECOVERY

Access to a no-cost consultation with a certified consumer credit counselor to objectively assess your situation, create an action plan and provide the knowledge and tools to effectively implement your plan.



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ON-LINE SOLUTIONS

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▶ WORKPLACE SOLUTIONS WEBSITE

Quickly find information and resources based on your needs and interests:

- ▶ **Employee Solutions** – Easily accessible information for personal and professional needs
- ▶ **Organizational Solutions** – Tools for enhancing organizational effectiveness
- ▶ **Learning Institute** – Preview our educational offerings, consult our webinar calendars and view a webinar from our archives
- ▶ **Contact Us** – For timely assistance

▶ WORK-LIFE & LEGAL-FINANCIAL PORTAL



Rich in content, our web-based library provides practical resources and tools for managing work, personal and everyday concerns. For real-time instant messaging with a work-life consultant, click on **Live Connect**.

To enter this portal, log on using your company's username and password listed below.

Addison Fire Protection District
username: wps241 password: worklife

CONFIDENTIALITY

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

24/7 ACCESS

Professional guidance and support is available 24 hours a day, 7 days a week by calling our toll-free number:

800-327-5071

Multi-lingual resources are available to assist non-English speaking callers.

ELIGIBILITY

Employees, dependents and household members can contact us directly for a wide range of supportive services.

COST

There is no cost to you or your eligible family members to utilize the resources available through Workplace Solutions.



WHAT YOU CAN EXPECT WHEN YOU CALL

Counselors are available 24/7 to speak with you confidentially. Our team of caring professionals will help you clarify the nature of your concern and present the best options available to meet your needs, including consultation, short-term counseling and/or referrals.



Workplace Solutions, LLC has been delivering high quality employee assistance services for over 30 years.