

# Employee Assistance Program



The following Life Advisor Services and Resources are available to all NES employees



COUNSELING

Short-term solution focused counseling for you and your family, no cost and confidential.



# LEGAL & FINANCIAL REFERRALS

Need some legal advice or help creating a budget? Call for FREE 30-minute consult.



# CHILD & ELDERCARE REFERRALS

Family is the most important thing in life. Get resources for the kids and mom and dad.



## HEALTHY TIPS

Trending health & safety tidbits that focus on total well-being. Recipes, too!



#### DISCOUNT PROGRAMS

Get the Working Advantage. Great savings on hotels, movie tickets, restaurants and more!



### **COACHING**

Connect with a coach for encouragement and quidance to meet your goals.



#### CRISIS SUPPORT

We are here 24/7 to help you work through life issues of any size-big or small.



#### LIBRARY

Search through tens of thousands of total wellbeing articles, videos, resources and activities.



## **WEBINARS**

On demand webinars focusing on work/life balance issues and remedies.



#### NEWSLETTER

Every month we create a custom newsletter addressing real-life issues -with solutions.



Call 1-800-448-8326 to connect with a Ulliance representative today!