

# Explore the **EAP** Ulliance

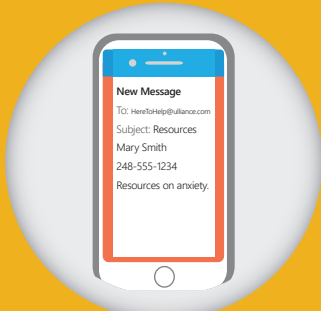
Enhancing **People**. Improving Business.

Whatever challenges you may be facing – parenting, eldercare, or your own personal struggles – Ulliance can help you find more information about your presenting concerns and point you in the right direction to get the assistance you need. **Here is how to explore & connect with us!**



## CALL US

Simply pick up your phone and call  
**800.448.8326.**  
Talking helps!



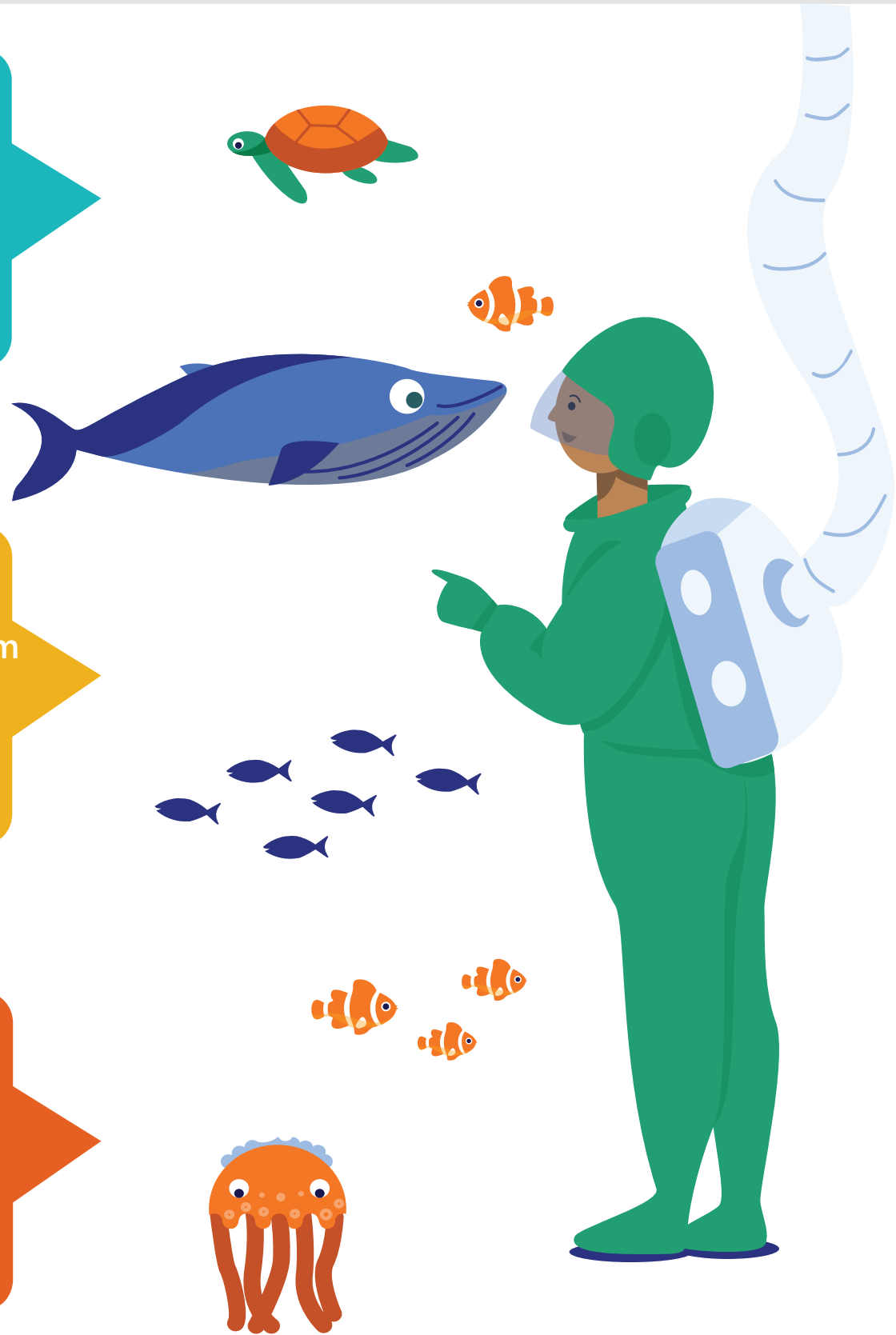
## EMAIL US

**HereToHelp@ulliance.com**  
Your full name -  
Best phone number to reach you -  
Detailed request info



## LOGON

Logon to the **LifeAdvisor.com** either on your phone or computer & start exploring!



## How can Ulliance help?

**Ulliance offers free, confidential support and resources such as:**

- Counseling to help you manage stress, depression and anxiety & to build your confidence.
- Coaching as a tool to help you proactively address goals such as problem solving & developing coping strategies.
- Resources on stress management & anxiety

**800.448.8326 | LifeAdvisor.com**