



When success  
requires assistance.



FamilyMeans

EMPLOYEE ASSISTANCE PROGRAM



# FamilyMeans

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The FamilyMeans Employee Assistance Program (EAP) is a benefit provided to you by your employer. It's designed to assist you in managing the impact of personal and work-related challenges that affect your overall well-being and, inevitably, your on-the-job performance.

Services available to you include Counseling & Therapy, Financial Solutions, Caregiving & Aging services and Legal Consultation referrals.

*All services are strictly confidential. Your employer is provided workplace-wide statistical data, never individual employee information.*

## Get back to Happy.





## FamilyMeans

COUNSELING & THERAPY

Have you suffered a devastating loss? Having marital concerns? Feeling symptoms of depression or anxiety? FamilyMeans provides confidential, face-to-face individual, couple or family therapy for you and your family members for these and many other issues. **Call 651-439-4840** to get started.



## FamilyMeans

FINANCIAL SOLUTIONS

Do you struggle to manage debt or stick to a budget? A conversation with one of our certified consumer credit professionals may be the answer. FamilyMeans can help you create a personal action plan for financial success. **Call 651-789-4014** or **1-800-780-2890** to get started.



## FamilyMeans

CAREGIVING & AGING

Are you assisting someone with daily living needs? Helping to handle finances, prepare meals or provide transportation on a regular basis? If so, you are a caregiver. It can be challenging and take a toll on your own well-being. You are not alone. FamilyMeans offers coaching and consultation to help you navigate caregiving. Visit [FamilyMeans.org](http://FamilyMeans.org) for online assessment tools or call us at **651-439-4840** to get started.

### Legal Consultation Referral

Are you in need of legal consultation around a real estate transaction, family matter or injury? Do you need to update your will? A phone consultation with counsel from an established, reputable law firm in your state of residence will point you in the right direction.\*

**Call 651-439-4840** to get started.

\*Employment related matters are not included.

# Support is here.

At FamilyMeans our work is life's challenges. We listen without judgment, offer encouragement and believe in you even when you might not. You can count on FamilyMeans.

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender, race, national origin, disability, religious affiliation or sexual orientation. If a reasonable accommodation for a disability is needed, FamilyMeans will make every effort to accommodate with advance notice.



## FamilyMeans

BETTER IS POSSIBLE

[familymeans.org](http://familymeans.org) | 651-439-4840

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