

## EMPLOYEE ASSISTANCE PROGRAM

*Achieving balance through  
total wellbeing and support*

### STAFFED BY PROFESSIONALS

The service is staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships, debt management, consumer rights, and much more. You can be confident that the information you receive is accurate, up-to-date, and relevant to your particular circumstances.

TOLL-FREE: **(800) 969-6162**

TTD/TTY: **(866) 228-2809**

WEBSITE: **[www.helpneteap.com](http://www.helpneteap.com)**

USERNAME: **NOBLE**

**HelpNet**



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

## ARTICLES ON WEBSITE

### CHILD CARE

- Choosing Child Care
- Summer/Holiday Care
- Special Needs Child Care
- Community Resources

### ADULT CARE

- Care for Older Adults
- Special Needs Adult Care
- Medicare and Medicaid
- Caregiver Support

### PARENTING

- Adoption
- Pregnancy and Infertility
- Talking to Teenagers

### EDUCATION

- K-12
- Colleges and Universities
- Financing
- GED/Vocational
- Tutors and Test Prep

### DAILY LIVING

- Travel and Recreation
- Dining and Entertainment
- Consumer Issues
- Community Resources
- Health and Wellness

### CAREER

- Stress Management
- Co-Worker Relationships
- Transition and Relocation

*Your employer recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to assistance provided by your employee assistance program. When you call the toll-free number, a qualified Consultant will respond to your request thoroughly and promptly. And when you log on to the Employee Assistance website, you'll find an abundance of useful resources, articles, links and interactive tools.*



## SERVICE OVERVIEW

- Solution-focused brief therapy for issues such as anxiety and relationships
- 1-5 counseling sessions per issue/per year
- Accessed by phone or website
- Always confidential
- No cost to you or household family members to use the service.

## SPECIAL FEATURES AND BENEFITS

In addition to the counseling sessions the following special features are available for your benefit:

- **Monthly Online Seminars**
- **Legal Assistance**, free half-hour consultation per legal issue
- **Financial Assistance**, free half-hour telephonic consultation with a financial counselor
- **Free online will**, called NOLO
- **Savings Center**, where you can shop name-brands at discounts of up to 25%
- **LifeLines**, a quarterly newsletter with information on topics for your daily life



## ACCESS IS EASY

No matter when, no matter where, you and your family have access to professional support. Call or log on to get started.

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The service is a free benefit from your employer.