

# Self-help Resources

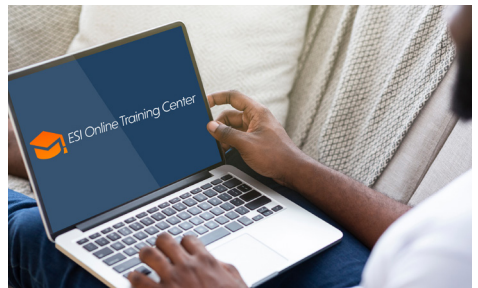


*A vital benefit to help with everyday issues*

To access this benefit, you can call the EAP or log on to the website, [www.theEAP.com](http://www.theEAP.com), for thousands of articles, videos and tools to help you resolve personal problems or improve your personal or professional life. Find trustworthy information on thousands of topics including:



- Adoption & Child Care
- Personal Finance
- Emotional Wellbeing
- Parenting
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Education



**More benefits than any other EAP.**

[www.theEAP.com](http://www.theEAP.com) • 1-800-252-4555

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## TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Go to [www.theEAP.com](http://www.theEAP.com)
2. Click the **Employee and Family login** button.
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps (a) & (b).**
  - a) Click on **REGISTER**.
  - b) Fill out the Registration Form to create your own User Name and Password, then click Register.

**\*You only need to register once.**



You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles

- Thousands of Legal articles •
- 800,000 Child/Elder care providers •
- Personal Growth programs •
- Mental and Physical Health assessments •
- Financial tools and calculators •
- Career Development information •
- 900 Health videos •
- Plus, important resource centers that include:

### CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

### TRAINING CENTER

Access to over 8,000 personal and professional development trainings and courses in a variety of easy to use formats.

### LOCATORS

Search for child and elder care resources in your local area.

### EMOTIONAL WELLBEING

Identifying a problem is the first step to getting help! Assess your overall emotional wellbeing with screenings for depression, anxiety, drug abuse and more.

### ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

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