or visit www.magellanassist.com (Company code: County of Mendocino 1— HLEE15 CLC WL©2015 Magellan Health, Inc.

Your Employee Assistance Program

Your EAP

- A pre-paid benefit of 6* FREE EAP counseling sessions per 12 month period, per issue (*10 sessions for members of the DSA bargaining unit)
- Confidential—individual information is not reported back to your employer
- Available to all your household members and dependents
- Easy to reach through your toll-free number (1-800-424-4039) or online at www.MagellanHealth.com/member
- Available 24 hours a day/7 days a week

Common Reasons People Use EAP Services

- Manage stress
- Relationship difficulties
- Conflict with a supervisor or coworker
- Help to cope with change
- Anger issues
- Alcohol or drug problems

What Can I Expect When I Call the EAP?

- Toll-free accessibility
- Confidential telephonic consultation and referrals

Podcasts and webinar recordings

Employee Assistance Program 1-800-424-4039

- Confidential assistance with all life areas:
 - Parenting
 - Professional growth

Tools and calculators Self-assessments

Aging

Articles

• Healthy living

- Work-life balance
- Communication
- Stress and anxiety

Health and wellness information • Child care and elder care locators

- Community resources
- Web-based Confidential Care

Lack of supportAnxiety

Depression

Work-life balance concerns

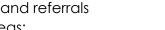
Sleep Disturbance

Grief and loss





d referrals



What Can I Expect When I Visit the Website? Confidential accessibility with access to:

Legal and Financial Services

Legal Services

Free 30 minute in-person or telephonic consultations (first session at no cost, with 25% discount for continued service)

- Civil disputes
- Criminal cases
- Divorce
- Bankruptcy
- Estate Planning

- Will preparation
- Real estate transactions
- Adoption
- Sales and leases

Financial Services

Free 60 minute telephonic consultation (first session at no cost, with 25% discount for continued service) on:

- Financial Planning
- Debt Consolidation
- Budgeting
- Income Tax

- Retirement Planning
- College Funding
- Life Insurance

Work-life Services

Childcare and parenting	Adult care and aging	Education and career development	Daily life
Child CareAdoption	 Elder/Hospice/Respite Care Medicare & Medicaid 	Member and dependents	Discount CenterChild care discounts
 Child Development Special needs programs Pre/postnatal care 	 Retirement Transportation & meals	 K-12 College & Graduate school 	 Relocation Fitness centers/gyms
resources • Nanny-find services • Discounted Medela	 Home safety Medication reminder services, etc. 	 Continuing education After-school programs Financial aid—loans, 	• Weight loss programs, etc.
pumps		grants, scholarships	

• Summer programs, etc.

Employee Assistance Program 1-800-424-4039

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