



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
- Sleep Disturbance
- Grief and loss
- Depression
- Lack of support
- Anxiety
- Work-life balance concerns

What Can I Expect When I Call the EAP?

- Toll-free accessibility
- Confidential telephonic consultation and referrals
- Confidential assistance with all life areas:
 - Parenting
 - Professional growth
 - Aging
 - Healthy living
 - Work-life balance
 - Communication
 - Stress and anxiety

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

- Health and wellness information
- Podcasts and webinar recordings
- Articles
- Tools and calculators
- Self-assessments
- Child care and elder care locators
- Community resources
- Web-based Confidential Care

Employee Assistance Program 1-800-424-4039

or visit www.magellanassist.com (Company code: County of Mendocino)

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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

- Child Care
- Adoption
- Child Development
- Special needs programs
- Pre/postnatal care resources
- Nanny-find services
- Discounted Medela pumps
- Summer programs, etc.

Adult care and aging

- Elder/Hospice/Respite Care Medicare & Medicaid
- Retirement
- Transportation & meals
- Home safety
- Medication reminder services, etc.

Education and career development

- Member and dependents
- K-12
- College & Graduate school
- Continuing education
- After-school programs
- Financial aid—loans, grants, scholarships

Daily life

- Discount Center
- Child care discounts
- Relocation
- Fitness centers/gyms
- Weight loss programs, etc.

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