



Employee Assistance Program (EAP) and WorkLife Service for AT&T Employees/Family Members

EAP offers support for a wide-range of services that are both behavioral and non-behavioral in nature. EAP offers employees and their family members phone consultations with master's level EAP specialists as well as referrals to Optum's national network of licensed behavioral health clinicians.

- **Management – 8 visits per issue per year**
- **Bargained/Union – 5 visits per issue per year**

EAP: 1.866.263.9253

Available 24/7, the EAP provides confidential help when members need it most. It also offers quick access to experts who can help with a wide range of well-being and family support services.

The **EAP** is a free, voluntary and a completely confidential resource that can help with a variety of personal and family issues including:

- Stress, anxiety or depression
- Emotional problems or personal issues
- Marriage and relationship issues
- Family/Parenting issues
- Substance abuse or other addictions
- Grief
- Workplace conflicts
- Mental Health concerns
- Sleeping problems
- Eating disorders
- Coping with a crisis

WorkLife Services

- Adult/elder-care services
- Child/parenting services
- Childcare referrals
- Chronic condition support
- Financial support
- Legal and mediation services
- Life learning
- Convenience services

Available 24/7
www.liveandworkwell.com
Access code - ATT

Warm Transfers Only: 1.866.263.9253
Option 9