



Better together

You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.

We're here for you and your household members 24 hours a day, 365 days a year. It's free and confidential.

Real solutions for real life

Take advantage of these services by calling today. Tear off the wallet card below and keep it handy.

Resources for Living

24 hour confidential access

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.

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**Resources
for Living®**

Life happens.

Stress less.

Live more.

Emotional support

Online resources

“I was tired of trying to do everything to keep up. This service helps me take care of myself and my family, saving time so I can have what matters — a healthy, happy life I love.”



Emotional support — Talk to someone about what’s on your mind. Whatever your goals, our counselors can help you:

- Manage your stress
- Improve your relationships
- Cope with depression
- Deal with drug and alcohol issues
- Reduce anxiety and more



Member website — Access informative resources including:

- Videos
- Articles
- Assessments
- Webinars
- Podcasts and more

Ways to connect with us



Counselors are ready to meet with you anytime —

We offer face-to-face, video streaming or in-the-moment support by phone.



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No matter what you need, we’re here for you.

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