



one1Life
EMPLOYEE ASSISTANCE PROGRAM

Why use the **one1life** EAP?

You are your company's most valuable resource. When a problem affects you personally and on the job, it is in your best interest and the company's best interest to seek outside help. Your **OneLife Employee Assistance Program** is designed to be that lifeline.

By using OneLife, you will be connected with professionals who can help you identify and resolve your problems. **The program is free — and completely confidential.** No one, not even your supervisor, will know you have elected to use the Employee Assistance Program.

If your supervisor initiates a referral to OneLife on your behalf, only you and your supervisor will know. The details of your problem will not be revealed to your supervisor without your consent. Information is released only with your permission, or in life-threatening situations.

What issues can **one1life** address?

- Marriage, family and relationships
- Substance abuse
- Addiction
- Emotional issues
- Health concerns
- Financial issues
- Legal information
- Caregiving challenges
- Stresses, losses, changes
- Other life and job stresses



What services does **one1life** provide?

1. Immediate help in crisis situations.
2. Identification of the major issues and development of a plan to resolve them.
3. Problem resolution assistance.
4. Direct referral to best-available community resources.
5. Follow-up calls to assure continuous care.

When to reach out to **one1life**?

A good way to determine if you need outside assistance is to examine how you feel — and to assess your job performance.

How do you feel?

- Are you preoccupied with a problem?
- Do your efforts to resolve it yourself constantly fail?
- Has the problem made you tired or physically ill?
- Has the problem caused discord among your family and friends?

How is your job performance?

- Are you missing deadlines?
- Are you frequently absent?
- Do you arrive at work late? Are you anxious to leave early?
- Are you having difficulty concentrating?

Your OneLife Employee Assistance Program provides confidential help for a wide range of life issues at no cost to you. Should outside resources or follow-up services be needed, your counselor will assist in finding the most effective and affordable continued care.

For a consultation, or for additional information, don't hesitate to contact us via telephone or email.

Remember: using OneLife will not jeopardize your job.

You only have one life.

**Use our tools
to make it your best.**

one1Life

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Support ✂ Encouragement ✂ Privacy

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