



# Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.** Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

**Mental Health Sessions** provide short-term counseling to help:

- Manage stress, anxiety, grief, and depression
- Resolve conflict and improve family relationships
- Address substance misuse concerns
- Find support for personal challenges

*Sessions are free to use, confidential, and open to family members. Up to six sessions per issue per year.*

Contact FEI

Call: 800-824-4372

Visit: [myassistanceprogram.com/](http://myassistanceprogram.com/)

fei Code: roswell



**FEI WORKFORCE<sup>SM</sup>  
RESILIENCE**

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# Let's Work Together to Reach Your Goals

**Life Coaching can help you** define your goals and plan a strategy for achieving them.

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

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A woman in a dark blue business suit and white shirt is sitting at a desk, holding a blue pen and gesturing with her hand as if in conversation. In the background, a man and a woman are looking at each other. The image is partially covered by a green diagonal overlay.

# Receive Free Legal Consultation

**Legal issues can be stressful,**  
time consuming, and complicated.

**Reach out to your Assistance Program for free legal consultation to  
address a wide range of personal matters:**

- Estate planning
- Divorce/custody
- Wills/trusts
- Real estate
- Bankruptcy
- Eldercare
- Adoption

*Sessions are free to use, confidential, and open to all family members. One consultation per issue.*

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# Building Financial Wellness Is Good for Health

**It's all connected.** Financial health can affect mental health, which can affect physical health and wellness. Working with a financial coach can help you reach goals, save for emergencies, retire with confidence, and positively impact well-being.

Reach out to your Assistance Program for **financial consultation referrals** to help with:

- Budget coaching
- Bankruptcy consultation
- Home buying
- Debt management consultation and resources
- Managing taxes
- Identity theft
- Retirement questions and guidance
- Saving for college

*Financial consultation referrals are free to use, confidential, and open to family members. One consultation per issue.*

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# Help Is Here To Manage Life's Many Responsibilities

To juggle work, life, and caregiving responsibilities,  
you sometimes **need an extra hand.**

**Reach out to your Assistance Program for resources and referrals to  
address a variety of life and family needs:**

- Childcare
- Eldercare
- Pet care
- Adoption
- Special needs support
- Education
- Enrichment activities
- Housing
- Transportation
- Community resources  
and referrals

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# Save Time with Personal Assistant Referrals

To make the most of every minute  
—and opportunity—**it helps to delegate.**

Reach out to your Assistance Program for **Personal Assistant Referrals** to help save time and tackle to-do's:

- Travel research and referrals
- Moving and cleaning resource referrals
- Home and auto repair options
- Sporting and entertainment information

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# Caring for Yourself and Loved Ones Requires Time and Answers

**Medical Advocacy** referrals can help you obtain information, guidance, and resources.

Reach out to your Assistance Program for **referrals to a Medical Social Worker** for help with:

- Interpreting information related to claims, coverage
- Navigating healthcare
- Obtaining doctor referrals
- Securing medical equipment
- Planning for transitional care or discharge

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