

# Not Sure Where to Turn?

## Contact the EAP and WorkLife Services

All employees and family members have access to the confidential Employee Assistance Program (EAP) and WorkLife Services at no cost to you. The program and services are provided through United Behavioral Health (UBH) to help you live and work well.

Simply call 800-817-4237 anytime, 24 hours a day, 7 days a week for free, confidential help – a specialist will help identify your issues and appropriate support resources.

[www.liveandworkwell.com](http://www.liveandworkwell.com)

Access code: Golden

### One Resource. Many Services.

#### Find subjects having to do with:

- Life, family and relationship issues
- Health and well-being
- Education
- Work and career

#### Resources available online or by phone:

- Adult/elder support services
- Child/parenting support services
- Legal assistance
- Financial services
- Life learning for all ages and abilities
- Expert assessment and counseling
- Chronic condition support