

## How Can the EAP Help You?

Call the EAP for guidance and support managing work and life, including:

- Achieving personal goals
- Finding care for an aging relative
- Resolving conflict
- Improving health such as weight loss, eating healthily, or quitting smoking
- Strengthening relationships
- Improving communication skills
- Planning for life events such as a marriage or birth of a child
- Managing stress
- Developing mindfulness

**888-470-9758**

To access Achieve Solutions, go to:  
[www.achievesolutions.net/spirit](http://www.achievesolutions.net/spirit)

This brochure is for informational purposes only and does not guarantee eligibility for program services. Beacon Health Options services do not replace regular medical care. In an emergency, seek help immediately.



## Privacy is a Priority

The EAP upholds strict confidentiality standards.

Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).



Call for confidential support or information any time, day or night.

**888-470-9758**

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# The Employee Assistance Program

Confidential support for work and life



**beacon**  
health options

[beaconhealthoptions.com](http://beaconhealthoptions.com)