

Work-Life balance EAP (FREE) program through Unum

Keeping your work and personal life in balance can sometimes be tricky. Stressful situations can affect your health, well-being and ability to focus on what's important.

Did you know that WU employees can take advantage of the Work-Life balance EAP program through Unum? Here is a little information on it. If you would like more information please contact the Human Resources Department at Washburn University.

- **Advice you can count on.** Work-life Balance is an employee resource program brought to you and your family free of charge by your employer to help you manage personal issues at work or at home. You can access the service from this site or by calling 800-854-1446 to speak with an expert Work-life Balance consultant. Consultants are here to offer you support and practical information and contacts to local and national resources, services, and support groups available in any community.
- **Caring, professional support, available anytime.** Work-life Balance consultants are available 24 hours a day, 7 days a week, 365 days a year. Whether you're dealing with an issue at work or at home or simply looking for ways to take better care of yourself and your family, you can turn to Work-life Balance for answers.
- **All the online resources you need.** Work-life Balance offers an award-winning website where you can watch short videos, listen to podcasts, read or download hundreds of articles, access CDs and booklets, email a consultant, and much more.
- **In-person sessions with a local counselor—completely free.** Work-life Balance provides a national network of experienced, professional counselors who can help you, no matter where you are or what kind of situation you're facing. When you call the program you can discuss your concerns with a consultant who will connect you with an appropriate counselor in your local area. You'll be offered an appointment within a few business days.
- **Confidential help.** Work-life Balance is a confidential service. No one can find out any information you provide to Work-life Balance without your explicit consent or even that you used the service—not your manager, your employer, or even a spouse.
- **Practical solutions on issues that matter to you**—from helping aging parents to raising safe and responsible kids, from dealing with stress to relationships and staying healthy. We can even help you find a pet sitter or a landscaping service.

Balance can be a call or click away:

1-800-854-1446, English

1-800-858-2147, Spanish

1-800-999-3004, TTY/TDD

www.lifebalance.net (user ID and password: lifebalance)

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Go to www.cheese-with-a-pill-in-it.com!”**