



# At your fingertips

## What can your member website do for you?

### Your member website is all about you and your everyday needs.

Access to the website is free for you and your household members. You'll find a wide array of articles, videos, live and on-demand webinars, assessments and more. Categories include:

<b>Life and relationships</b>	<ul style="list-style-type: none"><li>• School search</li><li>• Child and eldercare provider searches</li></ul>	<ul style="list-style-type: none"><li>• Balancing work and family</li><li>• Pets</li><li>• Wellness assessments and resources</li></ul>
<b>Mental health and addictions</b>	<ul style="list-style-type: none"><li>• Depression</li><li>• Suicide prevention</li></ul>	<ul style="list-style-type: none"><li>• Mental health awareness</li><li>• Mental well-being terms</li></ul>
<b>Career and workplace</b>	<ul style="list-style-type: none"><li>• Grow your skills</li><li>• Manager newsletter</li></ul>	<ul style="list-style-type: none"><li>• Manager videos</li><li>• Critical incidents</li></ul>
<b>Resource centers</b>	<ul style="list-style-type: none"><li>• Stress</li><li>• Crisis and disaster</li></ul>	<ul style="list-style-type: none"><li>• Self-improvement</li><li>• Trauma, grief and loss</li></ul>

And check services and tools to learn more about your benefits and access our monthly newsletter, videos, webinars, awareness articles and more.

You have a world of information right at your fingertips. Log on today.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law.