

*From your EAP*

# Introducing Certified Financial Coaching

If you need help with budgeting, debt, money management issues or savings, your EAP can help. You and your family members have unlimited access to Certified Financial Coaches, as well as more than 200 Personal Finance and Investing courses! Our Coaches can also help you address any related stress that so often accompanies financial problems.



*Start today with a simple, confidential phone call or login to your EAP.*



**1.888.327.1060**

**[www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com)**

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## The 3 components of your Financial Coaching Benefit:

### *Certified Financial Coaches*

- Financial assessments
- Goal setting structure and support
- Determining strategies for problem resolution
- Establishing focus on financial wellbeing
- Recommending services, tools, and resources

### *Financial Assessments*

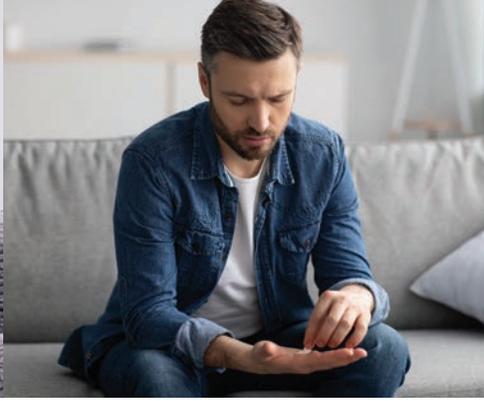
- Calculate net worth
- Analyze budgets
- Verify debt to income ratios and credit scores
- Profile habits and obstacles to success
- Assess family dynamics around money

### *Financial Education*

- Taking control of finances
- Changing habits and attitudes about money
- Understanding and dealing with debt
- Understanding consumer credit
- Saving for the future

## How to access website resources

1. Log on to [www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com)
2. Click on **Employee & Family Login**
3. If you have already created a Username and Password, simply enter that info in the appropriate boxes. If you have not registered, complete steps 4-7.
4. Click on **REGISTER HERE**
5. Enter your Employer's name and click Continue.
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and create your Username and Password, then click Continue. **You only need to register once.**
8. Click on **Personal Finance Education Center** and explore!



# Does alcohol or drug use cause problems in your life?



Scan the QR code to explore your EAP benefits!

## Your EAP can help!

Since the pandemic, there is an alarming increase in substance use. Drug overdose deaths have soared to an all-time high. The increased depression, anxiety, stress, isolation, grief, and financial worries many are experiencing have worsened an already difficult problem.

## How do you know when it's time to reach out for help?

Does alcohol or drug use by you or a loved one ever:

- Disrupt your work, family, relationships, or responsibilities?
- Have a negative effect on your mental or emotional health?
- Risk your safety or health?
- Create money problems or financial stress?
- Cause anxiety, discomfort, irritability, or illness when stopped?
- Result in arguments?
- Pose difficulties when trying to limit or stop use?
- Continue even after negative consequences?

## Your EAP is here to help!

You and your immediate family members are eligible for a variety of free, confidential help options:

- **Call to talk with experienced counselors** who will work with you to determine the best of many available help options, from outpatient counseling, group programs, or inpatient treatment.
- **Access one-to-one telephonic** substance abuse coaching programs.
- **Log in to your EAP Self-Help Center**, where you can explore a vast array of substance resources, including drug and alcohol self-assessments, articles and videos.
- **Get counseling or online help** for related issues, including health, family problems, domestic violence, legal issues, and more.

**Get relief and help - call your EAP today!**

We are available 24/7/365. All calls are confidential.



1-888-327-1060

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# Your EAP Benefit Summary

Each of us encounters personal problems from time to time. And that is why we partner with ESI EAP to provide you with the best possible solutions for issues you or one of your family members may face. **Your EAP is here to help.**

The following free benefits are available for Employees and Family Members.

## > COUNSELING BENEFITS

Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/family, depression/anxiety, grief and more.

## > PEAK PERFORMANCE COACHING

Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

## > TRAINING AND PERSONAL DEVELOPMENT BENEFITS

Over 10,000 free online personal and professional development trainings in a variety of easy to use formats. Some of the topics covered are: debt, budgeting, communication, working remotely, stress management and emotional intelligence.

## > SELF-HELP RESOURCES

Self-help Resources give you access to a collection of thousands of tools, videos, financial calculators and informative articles covering virtually every issue you might face, including adoption, relationships, legal, financial, cancer and more.

## > WORK/LIFE BENEFITS

Assistance for financial, legal, and child & elder care.

## > PERSONAL ASSISTANT

Help for everyday issues, including finding a local medical or dental provider, summer camp options and more.

## > WELLNESS BENEFITS

Videos and resources to improve you and your family's overall health, including fitness, diet and tobacco cessation.

## > LIFESTYLE SAVINGS BENEFIT

Includes thousands of discounts, rewards and perks in a variety of categories: Health & Wellness, Auto, Electronics, Apparel, Restaurants, Beauty & Spa, Flowers & Gifts, Sports & Fitness and more! Available benefits are accessible from ESI's Member website.

Scan the QR code to explore your EAP benefits!



Contact the EAP toll-free at **1.888.327.1060**.

All calls are **CONFIDENTIAL** and answered by a Masters or Ph.D. level counselor; your counselor will work with you on a plan beginning with the first call. Or go to **www.PublicSafetyEAP.com** and create a username and password.



www.PublicSafetyEAP.com  
1.888.327.1060



## Grief Counseling and Support from Your EAP

**Grief is the emotional reaction we have when we suffer loss. You may feel shock, disbelief, anger, or sorrow. The pain can be overwhelming. Your EAP is here for counseling and support 24/7.**

**What you can do.** Take action to help yourself and others cope. Healing takes time. Grief is not a step-by-step process, everyone experiences loss differently and on their own schedule. There is no right or wrong way. The goal is not to “get over” the loss, but to integrate it with other life events. **The following ideas have helped others regain control and find peace within themselves.**

- 1. Talk about your loss.** Experiencing the death of a family member, a friend, or a colleague may be one of the most traumatic events of your life, especially if the loss is sudden or unexpected. Intense feelings and emotions are normal. Talking about your loss will help you to cope with these strong feelings. You can call your EAP to share your thoughts in total confidence with an experienced and caring professional.
- 2. Write down your feelings and thoughts.** This can help you clarify and process your feelings to make them easier to deal with and less confusing.
- 3. Be kind and gentle to yourself.** Take care of body, mind, and spirit. Bereavement is very stressful. Pay attention to your lifestyle: rest, nutrition, recreation, sleep, exercise, and self-nurturance. Find ways to release your negative feelings in constructive ways.
- 4. Focus on the happy times experienced with your loved one.** These are part of your loved one’s legacy to you! Share happy remembrances with others.
- 5. Know when to seek help.** Reach out for professional help if you don’t begin to feel better over time.

**Your EAP can help -  
call any time:**



**1.888.327.1060**



**[www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com)**

*Scan to Explore  
Your EAP Benefits!*



*Available to you and your eligible family members!*



**Public Safety  
EAP**  
*A division of ESI*

# Public Safety EAP can help with virtually every area of life



## PERSONAL

Personal Stress	Eating Disorders
Anxiety	Life Transitions
Alcohol Abuse	Pregnancy/Post Partum
Drug Addiction	Personal Trauma
Depression	Sexual Concerns
Medical Conditions	Domestic Violence
Grief/Bereavement	Learning Disabilities
Gambling	Smoking
Weight Control	Men's/Women's Issues
Anger	Nutrition
Chronic Pain/Illness	



## FAMILY & RELATIONSHIPS

Marital	Teen Issues
Parenting	Domestic Partners
Caregiving	Physical Abuse
Childcare	Family Relocation
Eldercare	Sandwich Generation
Education Planning	Military Life/Separation
Adoption	Disaster Preparedness
Family Pets	Communication
Special Needs Child	Keeping Children Safe
Blended Families	



## FINANCIAL & LEGAL

Debt	Criminal Law
Credit Card Issues	DUI/DWI
Financial Loss	Landlords & Tenants
Bankruptcy	Homeowner Concerns
Budgeting	Taxes
Retirement Planning	Insurance
Wills & Trusts	Consumer Law
Real Estate Law	Contracts
Car Buying	Personal Injury
Immigration	Child Custody
Divorce	Social Security
Civil Suits	



## WORK & CAREER

Employee Conflict	Time Management
Work Related Stress	Skills Development
Coaching	Project Management
Supervisor Conflict	Motivating Self & Others
Team Development	Valuing Diversity
Career Planning	Managing Change
Management Skills	Referring Employees
Supervising Others	

**888-EAP-1060**  
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# Legal Benefit *from your EAP*

ESI has an innovative benefit designed to help Members with personal legal concerns:

- Wills
- Traffic Violations
- Criminal Cases
- Divorce
- Child Custody
- Probate Issues
- Bankruptcy



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## How to Access The Legal Benefit



## Access the EAP Online Legal Library

1. Call **1.888.327.1060**
2. Describe your issue to the EAP Counselor
3. You will be connected with an attorney
4. There is no charge for your initial phone consultation (*up to 30 minutes*)
5. If you need to hire an attorney, you will be referred to a local independent lawyer specializing in your area of concern.
6. The billable hourly rate is discounted by 25%
7. Entire legal library available on the EAP website includes Will templates, contract samples and more.

**Exclusions:** The legal benefit is not available for issues related to employment, corporate law or medical concerns.

1. Log on to **www.PublicSafetyEAP.com**
2. Click the **Employee & Family Login**
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps 4-7.**
4. Click on **REGISTER HERE**
5. Enter your **Employer's name** and click **Continue.**
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**
8. Click the **Legal icon** and explore.

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***More Benefits, Better Results than any other EAP.***

# WORKPLACE VIOLENCE Prevention Resources

Find support and guidance preventing workplace and domestic violence.

**ESI offers telephonic counseling and the following online resources:**



Workplace Violence

## WORKPLACE VIOLENCE PREVENTION

### ★ FEATURED

- Seven Best Practices to Avoid Workplace Violence
- Workplace Threat Assessment and Response Guide
- Violence Prevention in the Workplace for Employees
- Workplace Violence Prevention Policy - SAMPLE
- Violence Prevention in the Workplace for Managers & Supervisors

### VIDEOS

- Break the Silence: Stop the Violence
- Seven Best Practices to Avoid Workplace Violence
- Violence Prevention in the Workplace for Employees
- Violence Prevention in the Workplace for Managers & Supervisors

### ARTICLES

- Help for Survivors in the Aftermath of Disasters and Mass Violence
- Is Your Workplace Harboring Bullies?
- Stop Workplace Bullying
- Workplace Violence
- Workplace Violence: Facts and Safety Tips for Employees
- Workplace Violence: Understand and Avoid It



Domestic Violence

## DOMESTIC VIOLENCE PREVENTION

### ★ FEATURED

- Legal Consequences of Abuse
- Dealing with Domestic Abuse
- Do I have a civil rights case against my abuser?
- New Numbers For Domestic Violence Victims
- Domestic Violence Comes to Work Articles

### ARTICLES

- Civil Domestic Violence Resources
- Dealing with Domestic Abuse
- Domestic Violence Awareness
- Immigration Benefits for: Battered Spouse, Children & Parents
- Leaving an Abusive Relationship
- Legal Consequences of Abuse
- Recognizing Domestic Violence
- Understanding Domestic Abuse



# Self-help Resources



## *A vital benefit to help with everyday issues*

Public safety professionals face daunting challenges: budget crises, rapidly changing technology and the impact of social media are just a few emerging issues. Public Safety EAP offers extensive links, tools, discounts, and resources to help public safety personnel deal with these and other professional challenges.

- **Challenges of Military Deployment & Homecoming**
- **Budget Helpers, Grants & More for Public Safety Personnel**
- **CISM, Stress, Depression & Other Mental Health Issues**



**To access this benefit,** you can call the EAP or log on to the website, **[www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com)**, for thousands of articles, videos and tools to help you resolve personal problems or improve your personal or professional life. Find trustworthy information on thousands of topics including:

- **Adoption & Child Care**
- **Personal Finance**
- **Emotional Wellbeing**
- **Parenting**
- **Pets**
- **Physical Health & Wellness**
- **Legal Issues**
- **Loss and Grief**
- **Stress**
- **Elder Care & Child Care Locators**
- **Workplace & Family Violence**
- **Work-Life Balance**
- **Wills and Other Legal Forms**
- **Training & Education**

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**More benefits than any other EAP.**

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## TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Go to [www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com)
2. Click the **Employee and Family login** button.
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps (a) & (b).**
  - a) Click on **REGISTER**.
  - b) Fill out the Registration Form to create your own User Name and Password, then click Register.

**\*You only need to register once.**



You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles

- Thousands of Legal articles
- 800,000 Child/Elder care providers
- Personal Growth programs
- Mental and Physical Health assessments
- Financial tools and calculators
- Career Development information
- 900 Health videos
- Plus, important resource centers that include:

### CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

### TRAINING CENTER

Access to over 8,000 personal and professional development trainings and courses in a variety of easy to use formats.

### LOCATORS

Search for child and elder care resources in your local area.

### EMOTIONAL WELLBEING

Identifying a problem is the first step to getting help! Assess your overall emotional wellbeing with screenings for depression, anxiety, drug abuse and more.

### ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

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