

**Access is easy.**

We're here for you 24 hours a day, year-round. Just one toll-free call (from anywhere in the United States), and you'll instantly be connected to an EAP specialist.

**We're here for your entire household.**

You and any member of your household may access the EAP. Dependents living away from home are also able to access your EAP services.

**Available at no charge.**

Face-to-face counseling visits and referrals to life management services are available to you at no charge. Discounts for some services may also be available through PacifiCare Behavioral Health.

**Don't worry, it's confidential.**

Your phone calls, your e-mails, your referrals, everything you tell us will be kept strictly confidential (as required by law).

**PacifiCare®**  
*Behavioral Health*



**YOUR  
EMPLOYEE ASSISTANCE  
program.**

**A Valuable Resource  
to Help Manage Life's  
Daily Challenges**

**PacifiCare®**  
*Behavioral Health*



## WHERE ARE YOU? TO HELP

Stressful everyday issues can affect both your home life and work productivity. These issues can be overwhelming and make you feel out of control. We can help. Your Employee Assistance Program (EAP) is a confidential service designed to help employees and their household members resolve personal and workplace challenges.

### Face-to-Face Counseling

Your EAP provides 24/7, year-round access to prompt face-to-face assessment and counseling with licensed/certified therapists.

### Life Management Services

Get immediate access to a multitude of helpful work-life services designed to save you time and money, such as legal and financial consultation, debt management, child care and parenting resources, elder care and much more.

### Self Directed Online Resources

Our EAP web site, just for members, is filled with hundreds of helpful articles and resources. Access pbhi.com anytime to get the answers you need, when you need them.

## Call Your EAP For Help With a Variety of Issues

### Emotional Well-Being

- Stress and depression
- Family matters
- Domestic violence
- Grief and loss

### Work Issues

- Co-worker relationships
- Job burnout
- Career planning
- Performance concerns

### Parenting & Child Care

- Becoming a parent/exploring adoption
- Child care options and referrals
- Parenting skills
- Strategies for working parents

### Education

- Private versus public school selection
- College searches/applications/scholarships
- Tutoring
- School performance
- Special needs

### Legal Assistance

- Divorce
- Landlord/tenant conflicts
- Wills/consumer issues
- 30-minute consultation, at no extra charge
- Referrals to legal specialists

### Money Management

- Debt management
- Budgeting
- Dealing with delinquent payments

### Substance Abuse & Recovery

- Alcohol/drug abuse
- Eating disorders
- Treatment centers/detox services
- Support groups/community services

### Resources for Seniors

- Elder care options and referrals
- The aging process
- Long-distance caregiving
- Community programs and services

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**Access your EAP anytime.  
Call (800) 999-9585  
or visit [www.pbhi.com](http://www.pbhi.com)**

**Username:** your company's assigned name  
**Password:** help

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