

# Employee Assistance Program (EAP)

- How to access EAP
- Toll Free 866-248-4104
- On line [www.liveandworkwell.com](http://www.liveandworkwell.com)



## Mental Well-Being Support

Unlimited solution-focused consultations

Eight (8) in-person or virtual counseling sessions

Legal and financial resources

[www.liveandworkwell.com](http://www.liveandworkwell.com)



Member Portal Access  
Code = **ArchdioceseSF**

Get help with: (and much more)

### Adult/Eldercare

Financial planning, retirement planning, legal service, housing assistance, respite care, insurance information, transportation, Medicare/Medicaid support, aids to daily living

### Child/Parenting

Childcare, parenting support, child development experts, special needs support, help for teens, pregnancy services, childbirth/Nursing professionals, adoption support

### Chronic Condition Support

Aids to daily living, medical suppliers, food/nutrition assistance, self-care tools, travel assistance, social services, home health care, special housing, medical alert systems, help with work issues, assistive technology

### Convenience services

Household needs, personal issues, recreational activities, shopping, entertainment, dining, nightlife options, education, health and wellness

### Life Learning

School issues, special education resources, college selection, lectures, financial aid assistance, online learning, alternative educational programs, community education programs, career consulting, adult education classes, music, dance, art and craft classes