



EMPLOYEE ASSISTANCE PROGRAM

# Access the care and resources you need.

## LIFE CAN BE HARD.

Finding quality, personalized mental health care doesn't have to be. Your Perspectives Employee Assistance Program provides support, counseling and resources to address the stressors that impact your health, in and out of the workplace.

*And it's provided at no cost to you.*



### Mental and Emotional Health

Scheduled counseling and in-the-moment support to improve your life and relationships.



### Tools for Tough Times

Help with issues such as stress, depression, grief, anxiety, substance abuse, relationships, divorce, life changes, trauma, PTSD and more.



### Caring for Others

Services and resources to navigate family dynamics, parenting, childcare, adoption, senior services, eldercare, military and veterans, disability care and even pet care.



### Financial and Legal

Advice and tools to help with money matters and changes in your financial situation. Legal education and access to legal and financial info and forms.



### Work-Life Resources

Anytime access to skill-building courses, assessments, forms, calculators, quizzes, videos, articles and more to feel your best at work, home and in your community.

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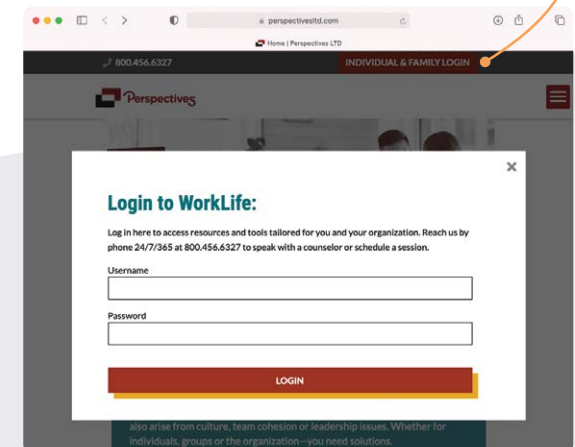
*Empowering your well-being and success.*

## Options that put you in control

- 1 Call or text 800.456.6327**  
Schedule an appointment with a counselor or contact us for in-the-moment support.
- 2 Use the “Live Chat” feature**  
on your Perspectives Online Portal to instant message with a counselor  
7am-5pm CST Monday-Friday.
- 3 Download the Perspectives Spark App**  
and use the ‘Get Help’ option to submit a contact request.
- 4 Log in to your WorkLife Online Portal**  
for access to online resources and information. Go to [perspectivesltd.com](https://perspectivesltd.com)  
and click “INDIVIDUAL AND FAMILY LOGIN” at the top of the page.

Username \_\_\_\_\_

Password Perspectives



**Take care of your mental health and well-being.**

*You don't have to do it alone.*

[perspectivesltd.com](https://perspectivesltd.com)

800.456.6327



**Confidential assistance for you and your family 24/7**