

Going on leave?

Your INTEGRIS Health Employee Assistance Program Can Help

Going on leave, whether it's short-term or for an extended time, can present significant challenges, from emotional and physical issues to financial concerns, work-life matters and others. Your Employee Assistance Program (EAP) provides free and confidential emotional support, practical resources and legal and financial consultation to support you while you are out on leave.

Whether you're going on leave for your own issues or to take care of a loved one, call your EAP for assistance. Our specialists can help you find resources and support to deal with the issues that you may face.

Work-Life Matters

- Finding child care
- Getting help with household tasks
- Transportation to doctor visits
- Making sure your legal papers are in order

Emotional Issues

- Coping with your own or a loved one's disability or illness
- Dealing with reduced mobility or energy
- Referrals to counselors, support groups and other resources for you and your family members

Financial Concerns

Speak confidentially by phone with a financial expert and receive information and resources tailored to your situation.

- Living on a reduced income
- Budgeting while away from work
- Deductibility of medical expenses and other tax questions
- Retirement planning



Here when you need us.

Call: 844.729.5171

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: INTEGRIS

