

# What is Employee Assistance?

When managing a high-pressure job, it's not easy to deal with the demands of family and everyday life. Today's fast-paced lifestyles may make pressures and concerns seem overwhelming. Finding the time to deal with these issues may seem impossible. To address these challenges, turn to ACI EAP for personalized solutions.

The EAP is a confidential, prepaid, results-oriented service with resources designed to address everyday problems. These resources include: assessment, referral, and brief sessions with a qualified mental health professional. The EAP is designed to help employees and family members better manage life stress, overcome challenges, and enhance quality of life.

The EAP is **free**,  
**confidential**,  
**easy to use**,  
and available to  
all **family members**.

**This Program is For You!**

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



“ My ACI EAP counselor showed me new ways to deal with my everyday problems. Today I'm very happy, love my job, and am so grateful that the EAP was there when I needed it. ”

*Renee M.  
Atlanta, GA*



800.932.0034

[eap@acispecialtybenefits.com](mailto:eap@acispecialtybenefits.com)

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*employee assistance*

**Confidential  
professional service  
for employees and  
family members**





# Conquer Life Challenges

The EAP is designed to help with any concern or problem affecting behavioral health, well-being, or even job performance. Typical issues may include, but are not limited to:

## Relationship Issues

- Marital issues
- Family issues
- Single life
- Parenting
- Blended families
- Conflict-resolution

## Legal/Financial

- Legal resources
- Financial planning
- Legal referrals
- Bankruptcy
- Credit problems
- Foreclosure

## Emotional Well-being

- Depression
- Managing stress
- Coping with grief
- Managing anxiety
- Addictive disorders
- Healthy attitudes

## Workplace Challenges

- Managing change
- Dealing with conflict
- Co-worker relationships
- Supervisory concerns
- Balancing work/life
- Time management



*Specific benefits may vary depending on the corporate plan selected.*

# Services are Free

The EAP services have been prepaid by your employer and are free to you. ACI or the Human Resources department can explain the specific benefit your company has selected.

Should you need help beyond the EAP, you may be referred to community and other resources. Health insurance may cover some of these costs. The EAP provider will work with you to make sure the referral is affordable and meets your needs.

*Your privacy is guaranteed. ACI works in accordance with state and federal regulations including HIPAA to ensure strict confidentiality.*

“ Because of the EAP, I was able to get through the workday without feeling so hopeless. The financial counselor gave me great advice to get back on my feet and work toward a better life. ”

*-Gary P.  
Norfolk, VA*

For help and information:

**Contact ACI**

**800.932.0034**

**Text - 999999**

**[intake@acispecialtybenefits.com](mailto:intake@acispecialtybenefits.com)**



# EAP is Easy to Use

Simply call ACI EAP at (800) 932-0034 to speak with a professional service provider face-to-face, by phone, email, or even text! You will be asked to briefly describe your concerns so that you and the provider can develop a plan that works best for you. This plan may include assessment, brief sessions, and/or referral to other helpful resources. All contact with the EAP is strictly confidential.



For help with everyday problems