



Employee Assistance Program

Practical Help...*for Life's Challenges*

There are times in all of our lives when we need a little help. Whatever the issue, your Employee Assistance Program is available, 24 hours per day/7 days a week, with support, guidance and resources.

Confidentiality...

is totally assured for you and your family members. Information will only be released with your permission, or as required by law for instances such as child/elder abuse, or in a life-threatening situation.

Issues...

Parenting & ChildCare

- *Child Development
- *Blended Families
- *Behavior Issues
- *Adolescents
- *Parenting

Relationships

- *Marital Issues
- *Personal Relationships
- *Divorce or Separation
- *Dual Career Challenge

Legal

- *Family Law
- *Civil/Consumer Issues
- *Estate and Probate Law
- *Real Estate

Emotional Wellness

- *Stress
- *Depression
- *Gambling
- *Eating Disorders
- *Alcohol/Drugs

Work & Career

- *Career Planning
- *Workplace Relationships
- *Relocation
- *Manager Consultation
- *Adjusting to change

Financial

- *Budgeting
- *Saving and Investing
- *Debt Recovery
- *Retirement Planning
- *College Planning

If your county is in the ISAC Health Plan, you too can have this service!
Call Sandy at the ISAC office (515)244-7181