

› Comprehensive Employee Assistance Program

Austin College



Life's not always easy. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your Employee Assistance Program (EAP) can be the answer for you and your family.

We're Here to Help

Mutual of Omaha's EAP assists employees and their eligible dependents with personal or job-related concerns, including:

- Emotional well-being
- Family and relationships
- Legal and financial
- Healthy lifestyles
- Work and life transitions

EAP Benefits

- Unlimited telephone access to EAP professionals 24 hours a day, seven days a week
- Telephone assistance and referral
- Service for employees and eligible dependents
- Robust network of licensed mental health professionals
- Five face-to-face sessions* with a counselor (per issue)

*One legal consultation per issue

*California Residents: Knox-Keene Statute limits no more than three face-to-face sessions per six-month period.

- Legal assistance and financial services
 - Online will preparation
 - Legal library & online forms
 - Telephonic financial consultation
- Resources for:
 - Financial tools and resources
 - Work/Life balance
 - Substance abuse and other addictions
 - Dependent and elder care assistance and referral services
- Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap



What to Expect

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. There is **no cost** to you for utilizing EAP services. If additional services are needed, your EAP will help locate appropriate resources in your area.

Don't delay if you need help.

Visit mutualofomaha.com/eap or call 800-316-2796 for confidential consultation and resource services.

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