



Health**Advocate**[™]

EAP+ Work/Life[™]

Confidential Support for
Personal & Work/Life Issues



Health**Advocate**[™]
Always at your side

HealthAdvocate™

EAP+Work/Life

Welcome! Your EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Your counselor can also refer you for ongoing treatment, if needed.

For help balancing family and work responsibilities, our team of Work/Life Specialists will connect you to resources in your area for expert support.



877.240.6863

HealthAdvocate.com/members

Health Advocate is a service provided at no cost to you by The Newspaper Guild. Eligible employees, their spouses, dependent children, parents and parents-in-law can all take advantage of this valuable service.



Turn to us for help with...

Personal Issues

Our Licensed Professional Counselors can help with:



Depression, anxiety or stress



Marital or family/parenting issues



Work stress or conflicts



Anger, grief, loss or substance abuse

Work/Life Support

Our Work/Life Specialists can assist with:



Legal or financial problems



Childcare, eldercare, adoption or parenting concerns



Time management issues or relocation support

Visit [HealthAdvocate.com/members](https://www.healthadvocate.com/members):

You can view articles on a wide range of helpful topics, participate in online webinars and seminars, **and much more!**



Always at Your Side

We're here when you need us most

Health Advocate can be accessed 24/7. Normal business hours are Monday-Friday, between 8 am and 12 am, Eastern Time. Staff is available for assistance after hours and on weekends.

There is no cost to use our service

Health Advocate is a service provided at no cost to you by The Newspaper Guild.

Your privacy is protected

Our staff follows careful protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.

Easy to Reach



877.240.6863



Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/members

In a crisis, emergency help is available 24/7.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

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HealthAdvocate™

- ✓ Employee Assistance Program
- ✓ Work/Life Support



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