

# HigherEd EAP can help with virtually every area of life



## PERSONAL

Personal Stress  
Anxiety  
Alcohol Abuse  
Drug Addiction  
Depression  
Medical Conditions  
Grief/Bereavement  
Gambling  
Weight Control  
Anger  
Chronic Pain/Illness

Eating Disorders  
Life Transitions  
Pregnancy/Post Partum  
Personal Trauma  
Sexual Concerns  
Domestic Violence  
Learning Disabilities  
Smoking  
Men's/Women's Issues  
Nutrition



## FAMILY & RELATIONSHIPS

Marital  
Parenting  
Caregiving  
Childcare  
Eldercare  
Education Planning  
Adoption  
Family Pets  
Special Needs Child  
Blended Families

Teen Issues  
Domestic Partners  
Physical Abuse  
Family Relocation  
Sandwich Generation  
Military Life/Separation  
Disaster Preparedness  
Communication  
Keeping Children Safe



## FINANCIAL & LEGAL

Debt  
Credit Card Issues  
Financial Loss  
Bankruptcy  
Budgeting  
Retirement Planning  
Wills & Trusts  
Real Estate Law  
Car Buying  
Immigration  
Divorce  
Civil Suits

Criminal Law  
DUI/DWI  
Landlords & Tenants  
Homeowner Concerns  
Taxes  
Insurance  
Consumer Law  
Contracts  
Personal Injury  
Child Custody  
Social Security



## WORK & CAREER

Employee Conflict  
Work Related Stress  
Coaching  
Supervisor Conflict  
Team Development  
Career Planning  
Management Skills  
Supervising Others

Time Management  
Skills Development  
Project Management  
Motivating Self & Others  
Valuing Diversity  
Managing Change

**800-252-4555**  
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