Ulliance Life Advisor Consultants are available 24/7!

Your Life Advisor Consultant can:

- Explore your unique work-life balance needs and identify the right Life Advisor services to support you and your family.
- Schedule you to see a local Ulliance EAP Therapist - Close to where you live or work at no charge to you or your covered dependents.
- Provide you with immediate telephonic support for pressing issues.
- Assist you by researching information you need for Work-Life balance.

Counseling Services

- Face-to-face or phone sessions with a licensed counselor close to work or home
- Short term, solution-focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions

Life Advisor Coaching Services

- Telephonic sessions with a counselor
- Support and motivation to achieve a work-life goal such as education, career advancement, financial or savings goals, or self-improvement goals

The Life Advisor Monthly Newsletter

- An electronic monthly publication with information and resources on a variety of work-life concerns, such as relationships, substance abuse and goal setting

Work-Life Materials

- Books and other helpful materials on a wide variety of work-life topics mailed directly to your home at no cost to you

Life Enhancement Resource Center

- Anytime access to articles, resources, healthy-living tips, as well as our orientation videos
- Log-in at: LifeAdvisorEAP.com