



TUSD EAP Benefits

Employee Assistance Program:
800-662-7241

- ✓ **Confidential counseling and assistance any time at no charge to you!**
- ✓ **1-3 sessions per member, per problem, per calendar year**
 - **Face to face, telephonic, video counseling**
- ✓ **Legal & Financial Consultation**
- ✓ **Award winning Achieve Solutions website (www.myachieve.com)**
- ✓ **Work/Life Services (online and phone referrals for child care, elder care, education, daily living)**

You and your household family members can contact your EAP 24/7, 365, by simply calling the toll-free number, **800-662-7241** to get assistance with a variety of issues such as:

- **marriage and relationship issues**
- **stress management**
- **parenting skills**
- **alcohol and/or drug abuse**
- **finding work/life balance**
- **depression and anxiety**
- **work-related concerns**
- **improving your self-esteem**
- **financial or legal concerns**
- **finding care for an aging parent**
- **personal growth and development**
- **living healthier**

Visit the Achieve Solutions website any time of day at home or on the go at: www.myachieve.com and read articles, take quizzes, view videos, trainings, audio clips, and workbooks.

