



TUSD EAP Benefits

Employee Assistance Program:
800-662-7241
www.myachieve.com

- ✓ **1-3 sessions per member, per problem, per calendar year**
 - Confidential face to face, telephonic or video counseling
- ✓ **Legal & Financial Consultations**
- ✓ **Work/Life Services (online & phone referrals for child care, elder care, education, daily living)**
- ✓ **Award winning Achieve Solutions website**

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

- **Anxiety**
- **Depression**
- **Stress management**
- **Marriage and relationship issues**
- **Financial (Budgeting, Taxes, Credit Card Debt)**
- **Parenting skills**
- **Legal issues**
- **Alcohol and/or drug abuse**
- **Finding work/life balance**
- **Improving self-esteem**
- **Finding care for an aging parent**
- **Personal growth and development**

Visit the Achieve Solutions website, www.myachieve.com on any device at home or on the go to read articles, take quizzes, view videos, trainings, audio clips, and workbooks for hundreds of topics.

