



**IT'S
FREE!**

EMPLOYEE ASSISTANCE PROGRAM (EAP)

New & Expanded Services!

Toll Free: (866) 248-4094

Access Code: UMISSOURI

**CONFIDENTIAL
SUPPORT**

24/7

**When life is throwing a lot at
you, connect with someone
who can help!**

Experienced consultants are
available **24/7** for confidential
support, guidance, and
resources to help you navigate:

- ◆ Relationship Problems
- ◆ Stress, Anxiety, and Depression
- ◆ Grief and Loss
- ◆ Parent and Family Issues



Website: www.Liveandworkwell.com



Scan the QR code



**WE'RE HERE
TO SUPPORT
YOU**



No matter how you're feeling, you put on a good face for others. But when you're going through something tough, you don't have to do it alone. Your **Employee Assistance Program** is available to help with all of life's concerns - big and small.

Program Partner: Optum Live and Work Well