



## What to Expect

When you call, you will speak directly to an EAP professional to receive *immediate support and guidance*.

You can entrust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. There is **no cost** to you for utilizing EAP services. If additional resources are needed, your EAP professional can assist by locating affordable solutions in your area.

## Don't delay – Call today.

An objective point of view can be a good start to working through your concerns. Start today by calling an EAP professional at 800-316-2796 for confidential consultation and resource services...24 hours a day, seven days a week. Or visit [mutualofomaha.com/eap](http://mutualofomaha.com/eap)

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## > Basic Enhanced Employee Assistance Program

WHEN YOU NEED SOMEONE TO TALK TO



Provided to you by:  
Birmingham-Southern College

Benefits that  
**work**<sup>SM</sup>

Life's not always easy. Sometimes a personal or professional issue can affect your work, health and general well-being.

When facing life's challenges, you often turn to family or friends for support. But sometimes that's not enough. Sometimes you need an experienced professional to talk with to know you're not alone.

Mutual of Omaha's Employee Assistance Program (EAP) assists employees and their eligible dependents with personal and job-related concerns, including:

- Emotional well-being
- Family and relationships
- Legal and financial
- Healthy lifestyles
- Work and life transitions

#### HIGHLY TRAINED, EXPERIENCED EAP STAFF

Our EAP staff members are all licensed, master's level Employee Assistance Professionals. They provide a solution-focused approach by assessing your situation and referring to the appropriate resources necessary.

#### EAP BENEFITS

As an employee, or eligible dependent, of your company your EAP benefits include:

- Unlimited telephone access to EAP professionals 24 hours a day, seven days a week
- Telephone assistance and referral
- Service for employees and eligible dependents
- Robust network of licensed and/or certified mental health professionals
- Three face-to-face sessions\* with a counselor (per household per calendar year)
- Legal assistance and financial services
  - Online will preparation
  - Legal library and online forms
  - Telephonic financial consultation
  - Financial tools and resources
- Resources for:
  - Work/life balance
  - Substance abuse
  - Dependent and Elder Care assistance and referral services
- Access to a library of educational articles, handouts and resources via [mutualofomaha.com/eap](http://mutualofomaha.com/eap)

*\*Face-to-face visits also can be used toward legal consultations. California Residents: Knox-Keene Statute limits no more than three face-to-face sessions per six-month period per person.*



## MUTUAL OF OMAHA'S Employee Assistance Program

Professional, Confidential, Quality Assistance

Available anytime: 1-800-316-2796  
[mutualofomaha.com/eap](http://mutualofomaha.com/eap)

Administered by:  
Mutual of Omaha Insurance Company  
United of Omaha Life Insurance Company  
3300 Mutual of Omaha Plaza  
Omaha, NE 68175

## MUTUAL OF OMAHA'S Employee Assistance Program

Professional, confidential consultation, 24 hours a day

- Family and personal concerns
- Life transitions
- Work-related issues
- Problem solving
- Positive self-care
- Resources/referral

Toll-free: 800-316-2796  
[mutualofomaha.com/eap](http://mutualofomaha.com/eap)