Balanced living relies on total well-being. It’s important to recognize when situations create an unhealthy amount of stress, distraction or worry. Where do you go when you need help? You have two assistance programs available to you at no extra cost.

**COUNSELING SERVICES — FLORIDA**

The Counseling Services — Florida is designed to help you and your family cope with the challenges and demands of your unique life and work. The staff shares similar professional experiences with you and are also licensed clinical professionals.

Through the Counseling Services — Florida, you and your family will have access to a staff of caring providers who are willing to help with issues such as:

- Personal, interpersonal or community crisis.
- Communication skills and struggles.
- Life and work balance.
- Transitions and life changes.
- Stress and burnout.
- Grief and loss.
- Anxiety and depression.
- Workplace issues and struggles.
- Marital issues.
- Parenting issues.
- Other issues, need for support, help and direction.

**GLOBAL EMPLOYEE ASSISTANCE PROGRAM**

The Global Employee Assistance Program provides support similar to the Counseling Services — Florida.

Professionals are ready to assist with any issue. Topics include, but are not limited to:

- Improving family communication.
- Harmony between work and home life.

**CONFIDENTIALITY**

Both programs are staffed by professionals who are completely independent of an employer. They’re bound by professional standards regarding confidentiality, and don’t disclose details of individuals who have contacted the service. Any information provided by a member won’t be shared with an employer.
• Managing life changes.
• Handling stress.
• Surviving the loss of a loved one.
• Managing anxiety and depression.
• Substance use.
• Bullying and harassment.
• Managing workplace pressure.
• Couple support.
• Parenting.
• Caring for an elder.
• Referrals to local resources, including attorneys, financial professionals and much more!

MEMBER SUPPORT WORLDWIDE

• The Counseling Services – Florida is available 24/7 by phone, email or a secure video platform.
• Global EAP is available 24/7 by phone, email or web.
• Up to 5 free sessions of counseling per issue, per year.
• Provides information, resources and counseling on any work, life, personal or family issue that matters to you.
• No extra cost to use this service.
• Support and resources available in several languages.

Contact the Assistance Program

Phone:
• Inside or Outside of the U.S.: 800-444-2842 or 407-644-4692

Email:
• office@lcsfl.com

Website:
• LCSFL.com

Contact the Global EAP

Phone:
• Inside the U.S.: 877-249-4765
• Outside the U.S.: +44-208-987-6228
(Contact your international operator and request that the charges be reversed or dial us direct and we will call you back.)

Email:
• support@worldwideassist.co.uk

Website:
• geo-blue.com

SMS Texting:
• +44-790-934-1229 (Standard text messaging rates may apply. Please include your name, country location and a phone number where you can be reached.)