

LIFE PATH

Employer Services by Independence Health

Employee Assistance Program

Confidential EAP services can also be provided to you virtually!



WHY EAP?

LifePath Employer Services by Independence Health and your employer value your overall wellness and, as a result, has engaged the services of A Renewed Mind's Employee Assistance Program.

To help ensure your work/life balance, our professionally trained staff are available for up to 5 EAP sessions. EAP is available for you and your family situation in either an office or virtual video setting. These services are confidential and free of charge.

Should You Seek Help?

ARE YOU FEELING:

- Overwhelmed/Worried
- Frustrated, Angry or Sad
- Hopeless

ARE YOU STRUGGLING WITH:

- Relationship Conflicts
- Concentration
- Sleeping and/or Eating
- Family Related Stress
- Alcohol, Drugs or Gambling
- Grief/Loss

Services Available

- Professional Assessment
- Problem Resolution and Skill Development
- Individual and Family Interventions
- Referral to Community Resources
- Basic Money/Time Management



**A
Renewed
Mind**
Behavioral Health

* An OhioGuidestone Organization

FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

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**i Independence
HEALTH**

A Partnership of The Toledo Clinic
Wood County Hospital

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