

## PERSPECTIVES ONLINE

*Perspectives Online* provides convenient and confidential online access to a vast and continually refreshed library of articles, self-guided assessments, links, calculators, information and resources in the following areas:

- ▶ **Emotional Well-Being** - addictions, mental health, eating disorders, grief/loss, stress, anger management, communication, conflict management, time management
- ▶ **Family and Care Giving** - child development and child care, aging and elder care, adoption, parenting and educational issues
- ▶ **Health and Wellness** - diet & nutrition, fitness, disease prevention and management of illness
- ▶ **Daily Living** - financial issues, legal issues, pet care, travel issues, consumer issues
- ▶ **Working Well** - effective listening, conflict resolution, workplace safety, career development, workplace diversity

To access *Perspectives Online*, simply:

1. Go to [www.perspectivesltd.com](http://www.perspectivesltd.com)
2. Click on the **Online Services** button on the navigation bar at the top of the page
3. Follow the directions from there by using the username and password for your company which is listed below:

User Name: CAT502

Password: perspectives

## *Perspectives EAP Is Available and...*

### EASY TO ACCESS

Just call to talk to a counselor or schedule an appointment at one of our conveniently located offices. For wellness and educational materials, visit Perspectives Online at [www.perspectivesltd.com](http://www.perspectivesltd.com).

### READY TO HELP THROUGH:

**Call Center:** Our professional Call Center staff will either schedule you at our local office for the assessment, referral and short-term counseling services described below or provide them directly through supportive phone counseling.

**Assessment:** Masters and PhD level EAP counselors will help you and/or your family identify the primary problem so that a plan of action best suited to your issue(s) is developed.

**Referral:** After the assessment, the EAP counselor will refer you to a program or therapist that has been evaluated by the EAP as expert in your issue. This eliminates the guesswork in finding a good provider.

**EAP Short-Term Counseling:** Sometimes the problem identified in the assessment is caught early enough that it can be addressed by a few more sessions with your EAP Counselor.

## Perspectives®

### EAP Covers a Wide Range of Issues

#### Family

- ▶ Child Issues
- ▶ Elder Issues
- ▶ Communication
- ▶ Family Conflict
- ▶ Serious Illness
- ▶ Parenting

#### Substances

- ▶ Alcohol
- ▶ Illegal Drug Abuse
- ▶ Prescription Drugs

#### Legal

- ▶ Child Support
- ▶ Divorce

#### Marital/Relationship

- ▶ Domestic Violence
- ▶ Dual Career Issues
- ▶ Resolving Conflict
- ▶ Separation/Divorce

#### Work Related

- ▶ Career Issues
- ▶ Interpersonal
- ▶ Job "Burnout"

#### Financial

- ▶ Budget Control
- ▶ Credit Problems

#### Emotional

- ▶ Anger Issues
- ▶ Anxiety
- ▶ Depression
- ▶ Eating Disorders
- ▶ Grief/Loss
- ▶ Life Transition
- ▶ Mood Swings
- ▶ Stress

To speak with a counselor or schedule an appointment, call between 8am and 6pm Central Time weekdays. Call anytime in an emergency.

**1-800-456-6327**

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