



Your employer wants to support you in being your best at work and in your personal life by providing EAP services to you and your household members. These services are free or provided at a very low cost.

Available services include:

Counseling Services

- Personal Concerns
- Grief and Loss
- Trauma Issues
- Anger Management
- Marital/Relationship Issues
- Family Conflict
- Stress Management
- Spiritual Concerns
- Alcohol/Substance Abuse
- Workplace Concerns
- Depression
- Anxiety

Financial Counseling

- Budgeting
- Debt Counseling
- Refinancing
- Purchasing a Home/Car
- College Funds
- Retirement Planning/401k

Legal Services

- Domestic/Family
- Civil/Consumer
- Criminal
- Estate Planning
- Real Estate
- Legal Documents

Adult Care Resources

- Caregiver Support
- Community Resources
- Financial/Legal Education

Parenting/Adoption Resources

- Parenting Skills/Support
- Adoption Information
- List of Fertility Resources

Childcare Resources

- Child Development
- Special Needs Concerns
- School Selection
- Tutoring Information
- Parent/Child Concerns
- Daycare Information
- Summer Camp Information

College Consultation Resources

- “College Coaches” help with:
- Selecting the appropriate school
 - Understanding the application and admissions process
 - Admissions testing questions
 - Financial Aid Websites

Counseling services are confidential in compliance with the law.

**Our dedicated professionals are available 24 hours a day
7 days a week to serve you.**

**Call Toll Free 800-968-8143 / Columbia Area 803-376-2668
or visit us at www.firstsuneap.com**