

# 10 ways the EAP can help with work, health or life stress

Prisma Health's enhanced Employee Assistance Program (EAP), now powered by LifeWorks, can provide you with immediate and confidential help for any work-, health- or life-related concern. With a website, personalized news feed and digital app, EAP's LifeWorks platform can help with stress, anxiety, parenting advice, family needs and much more – 24/7.

There are many ways to get help, and all are completely confidential. You can invite family members to have their own LifeWorks "account" as well.

## LifeWorks professionals can help you:

1. Address short-term problems and concerns for depression, anxiety, anger, relationships and family matters; effectively cope and manage any issues or symptoms causing stress.
2. Recognize and target risky behaviors related to drinking or drug use, gambling and/or other addictions.
3. Sort through complex decisions that may have long-term consequences for you, your family or others (e.g., divorce, retirement or major life change).
4. Make positive and lasting lifestyle changes with online tools, articles, videos and self-assessments.
5. Access grief support and learn coping strategies to help you deal with loss.
6. Find an attorney to assist in such matters as separation/divorce, custody, child support or estate planning.
7. Better manage your finances by referring you for assistance with budgeting, savings or debt management.
8. Build a greater capacity to identify and remove barriers to personal growth and change.
9. Access resources to help manage and improve relationships with spouses, partners or other significant people.
10. Find eldercare resources such as nursing/retirement homes and meal delivery services.

Visit us online:

[PrismaHealth.LifeWorks.com](https://PrismaHealth.LifeWorks.com)

Call us 24/7 toll free:

877-761-3614

Get the "LifeWorks" app!



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by Morneau Shepell



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Employee Assistance Program and CARE Fund

# Employee Assistance Program and CARE Fund

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Sometimes life can be a bit overwhelming, both at home and at work. Reaching out to your friends or family may not always provide you with all the help you need. Prisma Health's Employee Assistance Program (EAP) is here to assist. We provide team member counseling, assessment, referral and education services for team members. We know the best way to take care of the community is to begin by taking care of its team members – in all the aspects of life that matter.

Our EAP is powered by LifeWorks to provide you with immediate and confidential help for any work-, health- or life-related concern. With a website, personalized news feed and digital app, the LifeWorks platform can help with stress, anxiety, parenting advice, family needs and much more – 24/7. We believe this partnership combines the onsite EAP you know with additional LifeWorks counselors across our community wellness and incentive programs, all

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## LifeWorks EAP app, website provide easy, 24/7 access to well-being support

The Prisma Health Employee Assistance Program (EAP) introduces the LifeWorks mobile app, giving team members access to qualified support for your mental, physical, social and financial wellbeing, any time, from anywhere.

To access the app, search for "LifeWorks" in the Apple App Store or Google Play. After downloading, click

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health to money matters and work life. It also allows you to take advantage of Perks, helping you save money on daily essentials and luxuries from top brands and retailers.

In addition, LifeWorks provides a website ([PrismaHealth.LifeWorks.com](https://PrismaHealth.LifeWorks.com) ) accessible with a Prisma Health email address and a counseling phone line, 877-761-3614.

For more information about EAP, LifeWorks or the LifeWorks app, email [Stephanie.John](mailto:Stephanie.John@PrismaHealth.org)  [@PrismaHealth.org](mailto:Stephanie.John@PrismaHealth.org)  

[Share this flyer with your team](#) to learn about the many ways EAP can help.

To schedule an on-site counseling session, please call 877-761-3614 and reference the location you prefer and we will do our best to accommodate. Counselors are available across our communities; simply request the schedule and locations that work best for you.

### Columbia

- 877-761-3614
- 1501 Sumter St, Columbia, SC (Basement of EOB at Prisma Health Baptist)

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## CARE Fund

EAP, in conjunction with the Office of Philanthropy, administers an emergency financial assistance program for team members in crisis situations. The Prisma Health CARE Fund awards assistance to individuals experiencing extraordinary financial stress

resulting from uncontrolled events, assistance with

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