

Health Support through your St. Lawrence University Employee Assistance Program

Your **FREE**
CONFIDENTIAL
24/7
Work/Life
Employee
Assistance
Program
is a resource
for you and
your family when
facing a serious
health issue.



Contact us for support, including

- Immediate connection to a Licensed Mental Health Professional for help with issues such as stress, fear, adjusting to a diagnosis or the end of treatment
- Advice and suggestions on discussing health issues with friends and family members
- Your own Personal Assistant to conduct research into diagnoses, treatments, support groups, etc.
- Online access to helpful links and articles through your exclusive web-portal

1.800.EAP.CALL (1.800.327.2255)

or log-on at **www.mybalanceworks.com**

**Available to you and your
eligible family members!**



BalanceWorks[®]
EAP Work/Life Services

Your confidential resource,
provided by

