

HelpNet is here for you and your family.

10 Ways HelpNet can help you

1. Assessment of a personal problem or concern, and assistance in locating appropriate resources to help.
2. Discuss difficult challenges on the job related to relationships with peers or managers to help you decide on effective ways to improve and build on them.
3. Help with improving communication and morale among your work team by skill-building and other training.
4. Assist you in finding an attorney if you are dealing with divorce, child custody or other disputes.
5. Help you better manage your finances by referring you to assistance with budgeting, savings, or debt management.
6. Short-term support and problem solving for a mental health problem like depression to help you cope.
7. Explore with you the various options if you are responsible for an older relative, such as assisted living facility, transportation to medical appointments, or meal delivery services.
8. Talk with your family and conduct an assessment of personal problems in your relationships, and then find resources to provide support and empower change.
9. Post-discharge support from a hospital or treatment program to help you stay motivated and involved in the self-help, recovery or treatment recommendations.
10. Support and guidance for difficult decisions with long-term consequences, such as divorce, retirement, resignation or any life change.

HelpNet is a free and confidential Employee Assistance Program available to Lake Michigan College employees and their families 24 hours a day, 365 days a year. HelpNet's professionals and specialists can provide assistance in managing issues in your personal life including assessment, support and referrals to additional resources such as local counselors.

(800) 969-6162

www.HelpNetEAP.com