



10 Reasons to Use Your EAP

The Advocate Aurora EAP is a free benefit for all employees and their immediate household members. These services focus on your wellbeing and are intended to improve your work-life balance before a concern needs further intervention. We can assist with the following...and more!

- 1- Creating a monthly budget
- 2- Struggling with a challenging relationship
- 3- Excessive worry causing sleepless nights
- 4- Improving communication with those around you
- 5- Identifying resources for aging parents
- 6- Looking for information on schools
- 7- Having a sounding board to talk through a new stage of life
- 8- Consulting with a lawyer on landlord-tenant issues
- 9- Improving your work-life balance
- 10- Finding local childcare options

To access your EAP benefits, contact AAH EAP!

800.236.3231

www.aah.org/eap