

## IMPACT Employee Assistance Program

confidential, professional support for work/life matters

It can be frustrating when personal and/or work related problems surface and it's unclear where to turn for help. When complications arise from stress, marital and family issues, parenting challenges, depression, anxiety, substance use, medical issues and other emotional concerns, it's comforting to have someone to talk to.

Southern State Community College is proud to make available to you the IMPACT Employee Assistance Program (EAP), offering confidential support for you, your spouse/partner, household members, dependents living in and away from home and parents & parents-in-law.

Professional support is available on an unlimited basis, offering you and your family members peace of mind that there is always someone to talk to, 24 hours a day, 365 days a year. Counseling (face-to-face, video, phone or chat) is also available, with up to 5 sessions included per problem occurrence.

Additional Services include:

- » Self-help tools: IMPACT's mobile friendly work/life website featuring thousands of up-to-date topic-related articles, videos, webinars, assessments, calculators and worksheets on health, wellness, family, financial & legal, education, career and more
- » Legal and Financial Counseling
- » Identity Theft Prevention

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