

## ISSUES COVERED:

### EAP

- Anxiety
- Family Issues
- Anger
- Depression
- Grief/Loss
- Child Custody
- Alcohol/Addictions
- Sexual Abuse
- Parenting
- Dual Career Issues
- Stress
- Eating Issues
- Drug Abuse
- Budgeting
- Relationships
- Legal Resources
- Mood Swings

### Work Life Online

- Self Assessments
- Financial Calculators
- Career Development/  
Training
- Elder Care/Child Care  
Searchable Data Base
- Legal Forms
- Wellness

And many more...

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WORKLIFE ONLINE

USERNAME: CAT502  
PASSWORD: perspectives

# Perspectives®

## Catholic Diocese of Gary Employee Assistance Program (EAP)

**P**ERSPECTIVES, an independent Employee Assistance Program, provides assistance with personal issues for the Diocese's employees and their family members.

Confidential services include assessment, supportive counseling when appropriate, referral to specialists and assistance in locating other resources. More detailed information about the EAP services is available by telephone or connecting online.



**Master's-level counselors are available 24/7  
to assist you and your family members.  
You can reach a counselor by calling  
800-456-6327**

**[www.perspectivesltd.com](http://www.perspectivesltd.com)**

# EAP

## Employee Assistance Program

### We Help With Issues That Impact Life

We can help you resolve stressful personal and family issues, or direct you to legal, financial or child care resources when you need them most.

#### COMMON ISSUES WE HELP PEOPLE WITH EVERYDAY INCLUDE:

- + Alcohol and Drug Abuse
- + Attention Deficit Disorder (ADD)
- + Attention Deficit Hyperactivity Disorder (ADHD)
- + Addictions
- + Adoption
- + Anger Issues
- + Anxiety
- + Budgeting
- + Child Care Resources
- + College Planning
- + Communications Issues
- + Coping with Change
- + Depression
- + Relationship Issues
- + Domestic Violence
- + Eating Disorders
- + Effective Communication
- + Elder Care Resources
- + Emotional Issues
- + Family Issues
- + Financial Resources
- + Grief
- + Legal Resources
- + Leisure Travel Time
- + Marital and Couples Counseling
- + Mental Health
- + Parenting
- + Pet Care Resources
- + Post Traumatic Stress Disorder
- + Stress

### We're Available When You Need Us

Perspectives EAP is available 24/7 and can be accessed three ways:

#### OVER THE PHONE

Masters and Doctorate level EAP counselors are available 24/7 to answer your questions, provide counseling or assist you with useful appropriate resources. Call 800.456.6327 anytime!

#### IN PERSON

Counselors will listen to your concerns, assess the situation and help you develop an action plan best suited to your needs. When appropriate, this plan may include further in-person sessions with Perspectives or a referral to another qualified professional. Call 800.456.6327, 8 a.m.-6 p.m. weekdays to schedule an appointment.

#### ONLINE

Have you ever spent hours "Googling" for good information about parenting, diet, relationships or hundreds of other issues that impact your life? We do our homework so you don't have to!

*Perspectives Online* is a special website for everyone with Perspectives EAP. It provides information, resources and tools for a vast number of issues, ranging from parenting and child care to health and wellness, career development, workplace training and more. Just visit [www.perspectivesltd.com](http://www.perspectivesltd.com) and log in with your username and password!

# FREE Help. Who Doesn't Like That?

We want you to think of Perspectives as the "Everyday Assistance People." Our employee assistance program (EAP) provides support, counseling and resources for life issues that can take a toll on your emotional well-being or take time away from the things you value most, like work and family. Our services are confidential, no cost to you and available when you need them!

## Confidential And No Cost

We know that confidentiality and costs are important to you.

That's why we offer CONFIDENTIAL assistance to employees and their families. And, your personal information is not disclosed to anyone unless you provide written consent or as required by law.

In addition, Perspectives EAP services are provided at NO COST to you. Your employer provides Perspectives EAP as a benefit because they value you. If we refer you to an outside resource for additional support, we'll advise you about potential costs and whether they may be covered by your insurance.

Just call 800.456.6327 or login to [www.perspectivesltd.com](http://www.perspectivesltd.com) with your user name and password to learn more or get started.

PLEASE TAKE A MINUTE TO LOG INTO YOUR ACCOUNT  
TO SEE THE BENEFITS OF PERSPECTIVES EAP.

Username

CAT502

Password

perspectives

**Perspectives**<sup>®</sup>  
[www.perspectivesltd.com](http://www.perspectivesltd.com)  
800.456.6327