



EAP: 1-800-828-6025 or www.wellnessworklife.com

To Register- Enter: **Carleton College** and

Choose Your Own User Name and Password

Your Employee Assistance Program

Face-to-Face Access

Participant Services	<ul style="list-style-type: none"> • 24/7 Access - Phones always Live-Answered • Confidential & Voluntary • Provider Referrals to in-network Providers • 1-3 Face-to-Face Sessions per issue • Telephonic Consultation 	<ul style="list-style-type: none"> • Available to employees & ALL household members • Crisis Intervention Services • Community Resources • Work/Life Balance Resources • On-Line Work/Life/Wellness Solution Centers 	<ul style="list-style-type: none"> • Emotional Well-Being Online Assessment Tools, FAQs, Article Library, Online Access & • eSupport Professional Instant Online Chat Support
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Work/Life Balance Services

Telephonic Services	<ul style="list-style-type: none"> • Child Care Day care centers, family child care homes, in home care, baby-sitting agencies, nanny agencies and options, au pair agencies and options, preschools/ nursery schools, before and after school programs • Elder Care Home health agencies, nursing homes, assisted living facilities, continuing care retirement communities, social & recreational programs, long distance care-giving, backup care, respite care • Prenatal Care Birthing methods, nutrition, exercise, and diet, child care pre-planning, breastfeeding and formula feeding • Parenting Child development, sibling rivalry, separation anxiety, sleep and bedtime routines, toilet training, child safety, discipline 	<ul style="list-style-type: none"> • Summer Care Residential camps, day camps, traditional camp programs, specialized camp programs • Special Needs Common childhood illnesses, children with multiple disabilities, developmental delays, mentally challenged/ill • At-Risk/High-Risk Adolescents Transitional living programs, day & residential treatment facilities, positive after-school alternatives, mentoring programs • Pet Care Veterinarians, insurance, pet-sitting resources, obedience training, pet store, pet supply catalogs • Adoption State adoption specialists, adoption support groups, private adoption, national adoption organizations 	<ul style="list-style-type: none"> • Education Kindergarten programs, public schools, undergraduate & graduate programs • Legal 30 minute free consultation, 25% discount on usual fees, referrals to local providers, coverage for most legal issues • Budget & Credit Spending habits, budgeting strategies, managing credit, debt management, debt consolidation • Financial Services 30 minute free consultation, 25% discount on usual fees, referrals to local providers, and more • Concierge Home management, recreation & leisure, event planning, travel services, automotive/ transportation, personal needs, gifts & shopping
Online Services	<ul style="list-style-type: none"> • Family & Caregiving Adoption, Child Care, Parenting, Senior Care, Education, Pet Care • Health & Wellness Live Healthy, Health & Aging, Common Health Concerns • Daily Living Consumer Information, Travel & Recreation, Finances, Legal Issues 	<ul style="list-style-type: none"> • Working Smarter Teambuilding, Career Transition & Growth, Supervisory Issues, Diversity, Productivity, Recognition • Relocation Center Climate, Crime Rates, Education Levels, Income, Housing Prices, Marital Status, Types of Homes, School Listings, Hospitals, Places of Worship 	<ul style="list-style-type: none"> • Savings Center Everyday Discounts, In-store Shopping Events, Savings on Local Shops & Restaurants, Seasonal Shopping Guides & Promotions • Educational Materials • Personal Assessments and Interactive Tools • Assisted Search - Live • Self-Search Provider Locators • Web Seminars • Skillbuilders
Referrals & Fulfillment	<ul style="list-style-type: none"> • Up to 5 Qualified Referrals where available; if additional needed consumer calls back 	<ul style="list-style-type: none"> • Life Events Turnaround Time: 12 business hours; emergency is 6 business hours 	<ul style="list-style-type: none"> • Enhanced Online & Print Fulfillment Materials