

Your Employee Assistance Program

We're available
24 hours a day,
7 days a week,
365 days a year.

Any day, any time, with
free confidential support
when you need it.

Let us help
you live your
best life.

Call or Visit Us Online Any Time.

Toll-Free Phone Access

1 (833) 539-7285

TTY: 1 (877) 334-0489

Online Resources & Tools

<https://sowi.mylifeexpert.com>

Code: SOWI

Note: users will need to create an
account to access the online EAP tools



Let Us Help You Live Your Best Life

Confidential, professional support for personal and work concerns at no cost to you.

- ✓ 24/7 access to licensed mental health professionals.
- ✓ 24/7 access to a robust website and mobile app offering dependent care, convenience resources information and more.
- ✓ Expert personalized consultation with legal and financial professionals.
- ✓ Services extend to employees, dependents and household family members.



Whatever the reason, we are here to help you when and where you need it.

Your support network to provide local resources to help you manage everyday challenges or significant events. You might be:

- Trying to organize child care or assisting with the next steps for your elder parents or grandparents.
- Looking for legal and financial information.
- Searching for relocation assistance or home repair services.
- Interested in improving your interpersonal relationships or communication skills.
- Looking to access personal developmental courses or learning resources.
- Seeking confidential support for emotional concerns.
- Dealing with a challenging situation while managing a team and unsure of the best way to handle it.

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