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# Your Employee Assistance Program



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*A Free and Confidential Assistance Program for  
City of Worcester Police Department  
Employees, their Dependents and Household members*

Life can get pretty stressful. Whether your daily challenges are routine, or more urgent, such as talking to someone about anxiety, your free Employee Assistance Program (EAP) is a simple and invaluable resource for you. The EAP will guide you to solutions that make things less stressful and more manageable for you. Call your EAP for...

## Legal Assistance

You receive one free office or telephone consultation per legal question or issue (excluding job-related matters), and a 25% reduction in fee for ongoing services.

- Questions about family law issues, such as divorce, marital separations, child support and custody matters?
- Buying or selling a house and need legal representation?
- Questions about landlord or tenant issues?
- Estate planning questions (e.g., wills and trusts)?

## Financial Assistance

You receive free and confidential assistance from trained financial consultants.

- Questions about how to save for your child's college education?
- Need tax advice or help with tax return preparation?
- Questions about insurance and auto claims?
- Budget and debt problems?
- Need help making sure that your retirement planning is on track?

## Counseling Referrals

Police and Fire personnel receive eleven free, confidential in-person counseling sessions.

- Stressed with workplace or family concerns?
- Managing depression or anxiety?
- Concerned about your marital relationship, how your children are doing, or conflicts with your teen?
- Dealing with a recent loss?
- Questions about your or a loved one's drinking problem?
- Just need to talk to a concerned and professional helping person?

(Over)

## Information and Referral Services

You receive consultation and resources to assist with a wide spectrum of work and life issues. The EAP does the legwork to help you locate eldercare, childcare, and other services.

- Child care needs?
  - Looking for child care centers in your area?
- Adult care needs?
  - Concerned about an elderly family member?
  - Need help finding homecare or assisted living facilities?
  - Questions about Medicare?
- Looking for a summer camp program for your child?
- Questions about finding, and funding, your child's college education?

## Work/Life Website

The place to go for current health news, on-line assessment tools, child/elder care searches, professional development skill builders, and a library of articles on many work-life topics.

To access the website, go to [www.allonehealthcorp.com](http://www.allonehealthcorp.com)

**Username:** cityofworchester

**Password:** employee

## Smartphone App

Go to Google Play or App Store, search for AllOne Health Employee Assistance Program, download the app and log in with your passcode: **cityofworchester** Use to search for educational information, resources and to contact the EAP.

*The EAP helps with the kinds of issues, large and small, that can affect your health and happiness, as well as your work and family life. Whether you would benefit from a one-time consultation or ongoing support, we're just a call away.*

**24 hours a day, 7 days a week**

**800.451.1834**