



Support, Counseling and
Resources for Life issues.
Available 24/7.

EMPLOYEE ASSISTANCE PROGRAM

Username: MEGA
Password: perspectives

800.456.6327 | perspectivesltd.com



Perspectives

WorkLife Program

800.456.6327

perspectivesltd.com

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Password: perspectives

CHILDCARE

Childcare Consultation & Referrals:

- Before/After School Care
- Childcare Centers
- Family Day Care
- Nannies & In-home Care
- Summer Camps

Information & Support:

- Adolescence & Child Development
- Adoption
- New Parents
- Pregnancy
- Special Needs

- Special Education Consultant
- Lactation Specialist

NUTRITION

Resources & Referrals:

- Child Friendly Meals
- Diabetes
- Food Allergies
- Gastrointestinal Problems
- Healthy Eating
- High Blood Pressure
- High Cholesterol
- Lactation
- Weight Management

- Registered Dietitian

ELDERCARE

Consultation & Referrals:

- Assisted Living Facilities
- Caregiver Support
- Community Services
- Home Health Care
- Hospice Providers
- Nursing Homes
- Respite Care Providers
- Transportation Services

HEALTH

Resources & Referrals:

- Complementary Medical Providers
- Health Coaches
- Health Spas
- Meditation Programs
- Mindfulness Programs
- Sleep Programs
- Smoking Cessation Programs
- Support Groups for Chronic Illness
- Twelve Step Programs

CONVENIENCE SERVICES

Information & Referrals:

- Community Education Classes
- Fitness Programs & Trainers
- Home Cleaning
- Home Repair Services
- Moving Services
- Organizer Services
- Pet Care
- Relocation Information
- Yoga Classes

WORK

Resources & Referrals:

- Career Exploration
- Interest Testing
- Job Performance Concerns
- Job Search Strategies
- Resume Review
- Volunteer Work

- Career Coach

LEGAL

Consultation & Referrals:

- Bankruptcy
- Child Custody & Support
- Consumer Issues
- Elder Law
- Estate Planning
- Immigration
- Landlord/Tenant Disputes
- Real Estate Concerns
- Restraining Orders
- Separation & Divorce
- Wills & Trusts

FINANCIAL

Consultation & Referrals:

- Budgeting
- Credit Problems
- Debt Management
- Financial Wellbeing
- Financial Aid
- Homebuying Information
- Insurance Planning
- Retirement Planning
- Tax Resources

HIGHLIGHTED SERVICES HAVE A 30-MINUTE CONSULT PER ISSUE.