Real-Life Help

Overcoming Life's Speed Bumps

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Monthly Webinar • Friday, September 18th

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Overcoming Life's Speed Bumps

A divorce, financial loss, or medical crisis—whether it happens to you or a loved one--can prompt unexpected life changes including a radical shift in living arrangements. For example, you and your kids may need to move in with your parents. Or grandma may need to live with you, or your adult child may return to the nest. This can create entirely new challenges! Read on to find out how to make multigenerational living work, view setbacks as "wake up" calls, and more.

Pushed to the brink? September is Suicide Prevention Month and inside you'll learn the warning signs and where to get help.

Read on to find out how…

- ✓ **A Licensed Professional Counselor** can help you with multigenerational living and other family issues. Our services are free and completely confidential.
- ✓ **A Work/Life Specialist** can locate caregivers, financial experts and other resources to help with setbacks.
- ✓ **The EAP+Work/Life website** provides many articles about handling life changes, stress and more.

Free!

Webinar!

Friday, September 18th

Plan for Long-term Care

Learn how caregivers and seniors can overcome obstacles regarding healthcare, independence and finances.

Register now!

Click Here

Multigenerational Living

Making it work

When multiple generations live under one roof, it can be an opportunity for family members to pool finances, provide built-in childcare or eldercare, and forge special bonds. Our experts suggest these tips to help make it work:

- **Set up clear expectations and responsibilities.** Discuss chores, the bills and who pays for what, and which areas are shared and private spaces.
- **Discuss caregiving responsibilities.** Who drives grandma to the doctor's? What are the limits regarding caring for the grandkids?
- **Review the house rules periodically.** Let everyone express what may not be working to avoid resentments.
- **Be realistic.** Everyone has their limits. Build in time away to be with your own friends and activities, for example.

Need help with family issues of any kind? **Turn to Us.**

Pushed to the Brink?

Know the Warning Signs of Suicide

Feeling depressed and overwhelmed can lead some people to contemplate suicide. The following symptoms should not be ignored and are a signal that help is needed.

- **Talking or writing** about suicide or death, including verbal hints such as "You'd be better off without me"
- **Expressing hopelessness**, guilt and worthlessness
- **Lack of interest** in usual activities or future plans
- **Feeling trapped**, no way out
- **Isolating from family,** friends and society
- **Giving away prized possessions**
- **Seeking access to firearms,** pills or other means to end his or her life

Let us help!
If anyone you know exhibits these signs, encourage them to get professional help. If there is an immediate crisis, have them call the Suicide Prevention Lifeline: 1-800-273-TALK (8255) or 911.

Struggling with Depression?
Getting help early is important. If you feel a persistent sadness, call your Licensed Professional Counselor. We're here 24/7.

National Cholesterol Education Month

Protect Your Heart

Get your cholesterol checked! If it's high, start eating a heart-healthy diet, get regular exercise, control your weight and stop smoking. Too stressed to make changes?
Call us for help!

Real People, Real Stories

Using Setbacks as Opportunities

Feeling stuck and dissatisfied with his life, Sam began retreating into online games, playing them well into the night. This made him too exhausted to focus at work. When his wife left him, he reached out to the Licensed Professional Counselor for help.

"The divorce was a wake-up call that my life was out of balance," Sam says. The Counselor helped him cope with his loss, change negative thought patterns, and learn relaxation techniques to calm his anxiety. Eventually, he was able to identify more satisfying career goals and to develop meaningful relationships. "This sad event could have been the end of me. Instead, it led to positive changes that made me happier than ever!"
Feeling Stuck? Call us!

EAP+ Work/Life Program

EAP+Work/Life

Get short-term assistance

- Referral for in-depth counseling, if needed
- Work/Life Specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources
- In a crisis, emergency help is available 24/7

Talk to a Licensed Professional Counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

Confidential assistance is available 24/7.

Just call

800.343.2186
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Your EAP+Work/Life Website is Available 24/7

Access Online Help and Resources, Anytime

Your Health Advocate EAP+Work/Life website is packed with important information to help you with personal, family and work issues and better balance your life! **Here's what you'll find:**

- ✓ Orientation video of the many ways we can help
- ✓ Locators for childcare, summer camps, in-home agencies, pet care, education, older adults, volunteer opportunities
- ✓ Authoritative articles on emotional well-being, relationships, financial guidance, legal concerns, health issues, working and personal growth
- ✓ Sign up for webinars
- ✓ Savings Center
- ✓ Support groups and other community resources

HA Blog **Connect to us**

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About Human Management Services (hms)

Human Management Services, Inc. (hms), a Health Advocate Company, is an integrated counseling and referral resource specializing in Employee Assistance (EAP) and Work/Life Programs. HMS works with companies throughout the United States and draws on over 30 years of experience implementing a broad range of Work/Life, case management and counseling services. HMS is known for their flexibility, commitment to innovation, and EAP marketplace knowledge, giving them the ability to continually deliver enhanced services to their clients.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate complies with all government privacy standards. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.