



# Real life, real support

Helpful resources; confidential counseling

## EmployeeConnect<sup>SM</sup> services

### Life brings challenges. *EmployeeConnect* delivers help.

Everyone needs help solving problems sometimes. *EmployeeConnect* offers confidential assistance to help you and your family meet the challenges that life, work and relationships can bring.

#### Get help 24/7 with:

Depression

Substance abuse

Legal and financial concerns

Marital or family difficulties

Stress management/anxiety

Child or elder care

### Who is eligible?

You and your immediate household family members are eligible to access *EmployeeConnect* services as part of your long-term disability coverage from Lincoln.

### What services can I access?

- Unlimited, 24/7 toll-free phone and online access to:
  - Family and personal convenience information and referrals for topics such as child and elder care, kennels and pet care, vacation planning, relocation, car buying and colleges
  - Legal information and referrals for situations requiring expertise in family law, estate planning, landlord/tenant relations, consumer and civil law, and more
  - Financial information and referrals to assist with concerns such as household budgeting, as well as short- and long-term planning
- In-person help for short-term issues; up to four\* sessions with a counselor per person, per issue, per year
- In-person consultations with network lawyers, including one free 30-minute in-person consultation per legal issue, and subsequent meetings at a reduced fee
- Web-based resources
  - Articles
  - Tutorials
  - Streaming videos
  - Interactive tools and assessments such as financial calculators, budgeting spreadsheets and a language translator
- Customized information packets to accompany all work-life services

\* In California, up to three sessions in six months, starting with initial contact by employee.

## What experience and credentials will my counselors have?



**By phone:** Your *EmployeeConnect* counselor is the first point of contact when you call the toll-free line. This individual performs counseling and work-life triage, assessment, intake and referral. All counselors hold master's degrees in counseling, social work or other related majors. In addition, they have broad-based clinical skills and at least three years of experience in assessing and counseling related to a variety of issues.

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**In person:** When you schedule a face-to-face meeting, you will be referred to a fully credentialed, state-licensed clinician.

## How can I find out more and access the Lincoln *EmployeeConnect* program?



**Online:** Visit [www.GuidanceResources.com](http://www.GuidanceResources.com)  
(user name = LFGsupport; password = LFGsupport1),

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**Phone:** Call us at 888-628-4824

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