



# It's Your Life. We can help you live it—better!

## NEW EAP SERVICES BEGINNING FEBRUARY 8

**Beginning February 8, 2011**, when you need help dealing with a situation that's troubling you, call the new University of South Florida Employee Assistance Program (EAP).

Your new EAP features 24-hour multi-channel access to services via the telephone and a dedicated EAP website. A large network of caring professionals is available to you including licensed and experienced counselors, psychologists, clinical social workers, certified substance use counselors, and marriage, family, and child counselors, among others.

### Your USF EAP Can Help

Call **800-327-8705** day or night to speak with a trained, caring professional. The USF EAP program is:

- **24 hours** a day, 7 days a week access
- **Confidential**
- **Free of charge** to eligible employees, spouses, domestic partners, and others in their household.

*Services are provided by Magellan Health Services, a national leader in behavioral health care.*

Here are some of the areas where your program can help you:

- Managing stress
- Controlling depression and anxiety
- Handling relationship issues
- Quitting tobacco, alcohol or drug use
- Caring for children or aging parents
- Dealing with conflict or violence
- Working through grief and loss issues

### Child and Adult Care Services

Access a full range of child and adult care services that can help you balance the demands of work and home.

### Financial and Legal Services

Talk with financial experts and attorneys who can answer your financial and legal questions on a wide range of topics. Your first consultation is free.

**"I need help balancing work demands and family time. What does my program offer?"**

**"Stressed? Can my program help?"**

**"I have so many bills. How can I get out from under all this debt?"**

**"How can I find quality child care in my area?"**

**"Who can help me sort out these feelings that I've been having?"**

### [MagellanHealth.com/member](http://MagellanHealth.com/member) website meets you where you are

You're encouraged to visit Magellan's website, [MagellanHealth.com/member](http://MagellanHealth.com/member). The website features easy navigation and 24 hour access to a world of online wellness. Log on to find:

- information and resources
- online screening tools
- self-assessments
- personal improvement plans

*To learn more about your EAP, view the online program orientation in the On Demand Learning section.*

### More Information to Come!

The new University of South Florida EAP is here to help. Look for more information to come about the legal and financial, work-life services and more!



## Employee Assistance Program

**1-800-327-8705**

For TTY Users: 1-800-456-4006

[www.MagellanHealth.com/member](http://www.MagellanHealth.com/member)