



# Hot Tip– Mental Health Awareness

## *Support is Available to You and Your Family*



**AllOne Health/Impact Solutions EAP offers FREE access to confidential, professional support, 24 hours a day, 365 days a year for anything that is causing you or your family STRESS.**

### Face to Face Counseling

- 5 FREE face-to-face sessions per person, per occurrence

### Legal Assistance

- 30 minute FREE appointment
- General advice and guidance
- Discounts for most on-going legal services
- 24 hour emergency services; access to legal providers after hours/weekends in the case of being arrested/jailed

### Financial Services

- FREE consultation with financial counselors and educators

### Telephonic Coaching Services

- Elder/Adult/Caregiver Support
- Nutrition
- Mindfulness

### Identity Theft Prevention and Recovery

- FREE phone consultation with a Fraud Resolution Specialist regarding:
  - Reducing your risk of ID theft and/or;
  - Tools to independently resolve your issue if you become a victim of ID theft

### Comprehensive Work/Life Website

- Mobile friendly, self service information on everyday living issues and concerns via:
  - Articles, tip sheets, other resources
  - Webinar, self-assessments and surveys
  - Referral locators for child, elder, pet care
  - Free ID monitoring thru the Financial Center
  - Savings Center with discounts
  - Legal documents such as property agreements and more...



### Contact Impact Solutions:

#### Live, Immediate Assistance

- Call toll-free: 800-227-6007
- Unlimited phone consultation with a licensed professional

#### Access via web – **NEW WEBSITE**

- [www.MyLifeExpert.com](http://www.MyLifeExpert.com)
- Username: Mahoning

For a full list of services, please check the flyer listed at:

<https://www.mcseic.com>

Please Note: This is informational in nature. It is not medical advice.

