

When you have a long list of stressors – and a longer list of to-dos



No matter how you're feeling, you put on a good face for others. But when you're going through something tough, you don't have to deal with it alone. Your Employee Assistance Program (EAP) is available to help with all of life's concerns – big and small.

When life is throwing a lot at you, connect with someone who can help.

Experienced consultants are available 24/7 for support, guidance and resources to help you navigate:

- Relationship problems
- Stress, anxiety and depression
- Grief and loss
- Parent and family issues

Digital support tools Visit liveandworkwell.com for 24/7 confidential access to professional care, self-help programs and resources specific to your needs. Get clear information about your benefits and what's available to you.

You, supported



Scan the QR code or visit liveandworkwell.com.

To find the right support for you, enter your company access code: **UMISSOURI**

Toll free 866-248-4094

24/7 availability | **Confidential** | **No cost to you**

The EAP does not offer legal or financial advice