



(559) 261-9060 (800) 498-9055

Avante Employee Assistance Program (EAP)

Tulare County Schools Insurance Group

The Employee Assistance Program is a **free** and **confidential** benefit that can assist you and your eligible family members with any personal problems that may arise. You can receive assistance with topics such as:

- ◆ Stress Management
- ◆ Interpersonal Relationships
- ◆ Work Related Issues
- ◆ Anger Management
- ◆ Depression
- ◆ Substance Abuse
- ◆ Grief/Loss
- ◆ Crisis Situations
- ◆ Workplace Transition

Clinical Counseling Services

Five sessions per person, per issue, per year

Clinical counseling sessions will be authorized free of charge. Assistance is available to work hand in hand with the medical carrier's mental health providers to assure continuity of care after the EAP benefit has been exhausted.

Financial Telephonic Consultations

Five – 30-minute sessions, per issue, every year

Each covered member is allowed (5) initial 30-minute financial coaching consultations at no charge. Available topics include:

- ◆ Financial Assistance
- ◆ Elder Care Assistance
- ◆ Retirement Planning
- ◆ Identity Theft
- ◆ Tax Planning
- ◆ Estate Planning

****Online Fillable Forms:** Promissory Notes, Living Will, Power of Attorney, Wills, Trusts, Estate Planning.

Employee/Employer Educational Workshops

Sessions are available at no charge (Onsite and Teleconference).

- ◆ Stress Management
- ◆ Communication Skills
- ◆ Marital Discord
- ◆ Legal
- ◆ Dealing with Difficult People
- ◆ Family Conflict
- ◆ Drug/Alcohol Abuse
- ◆ Team Building
- ◆ Conflict Resolution
- ◆ Managing Your Money
- ◆ Anger Management
- ◆ Workplace Unity
- ◆ Financial
- ◆ Dealing with Change
- ◆ Critical Incident Counseling
- ◆ Enrollment Support at Renewal Meetings and Employee Benefit Fairs
- ◆ Promotional materials supplied at no additional charge

No charge to the employee ◆ Available to all employees and eligible family members