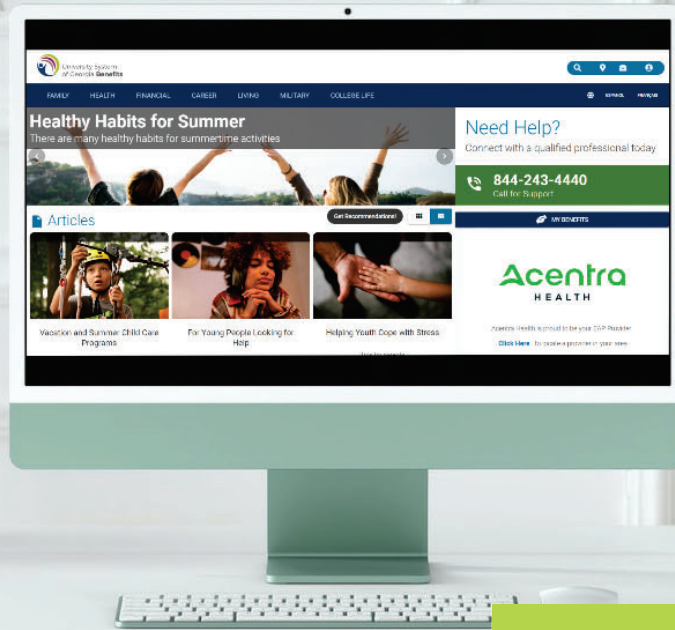


KEPRO IS NOW



BETTER TOGETHER

Counseling, Mental Health, & Life Resources

Available to you through your Employee Assistance Program (EAP)

BENEFITS EXTEND TO

- Yourself
- Household Members
- Dependents

GET STARTED TODAY!

SERVICES AVAILABLE



COUNSELING

- 4 Sessions at No Cost
- Licensed & Vetted Therapists
- Virtual or In-person



WEBSITE

- Articles & Resources
- Self-assessments
- Financial Calculators, Webinars, and more



Scan this QR code or visit the website below to access online tools



University System of Georgia **Benefits**

CALL TOLL-FREE, 24/7
1.844.243.4440
TTY: 1.877.334.0489

WEBSITE:
www.USG.MyLifeExpert.com
Code: USGCares

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your USG EAP, provided by Acentra Health, offers a wide variety of resources designed to improve wellness, enhance organization performance and improve financial outcomes. EAP services help employees and family members resolve a wide range of issues to restore both personal and professional effectiveness. EAP services are confidential and free.

EAP PRODUCTS & RESOURCES



AVAILABLE 24 HOURS, 7 DAYS A WEEK

Dedicated Phone: 844-243-4440
EAP website: usg.mylifeexpert.com
Company Code: USGCares



COUNSELING & SUPPORT

Whether you are dealing with stress, worry, relationship issues, substance abuse issues or work issues, call for immediate support. We can also provide referrals for an in-person, phone or video session with a highly qualified counselor. You are eligible for up to four free confidential counseling sessions per issue.



ARTICLES & RESOURCES

Your EAP HelpLink website is your one-stop resource, available when you need it. EAP HelpLink provides you and your family with tools and information to address life's pressing concerns. You will find webinars, topics of interest and videos on many life issues. Additionally, you can access calculators and resources for childcare, eldercare, health issues and financial information.



MANAGEMENT & ORGANIZATIONAL SERVICES

The EAP Management Service Team (MST) provides unlimited telephonic consultations to leadership that help develop solutions to complex individual and team issues. MST offers guidance on how to address ways that reduce conflict, increase productivity, decrease attendance issues and address personal issues that may impact one's work performance. Additionally, on an organizational level, MST can support and provide guidance for a workplace trauma or other critical incidents. Available to you 24/7.



LEGAL SERVICES

Legal concerns can be stressful, costly and often result in lost work time. Reach out to your EAP for a referral for a free 30-minute consultation with a lawyer for any issue, except work related issues. After the 30-minutes, you will receive a 25% discount for additional time and services. General legal information and forms, including a simple will form, can be found at www.eaphelplink.com under the Living tab.



FINANCIAL SERVICES

Sometimes we don't know where to start when we are having financial issues or just have questions. Reach out to your EAP for a free 30-minute phone consultation with a financial expert. Additional information on budgeting, debt management and getting ready for retirement can be found at www.eaphelplink.com under the Living tab.



ELDERCARE SUPPORT & RESOURCES

If you are worried about an older family member or friend, our eldercare specialists are available 24/7 to provide support and resources, regardless of geographic location. We can help provide guidance on Medicare, Medicaid, home health services, community resource and much more.



CHILDCARE SUPPORT & RESOURCES

Are you looking to adopt, have a baby or need childcare resources for a special needs child? We can help. Reach out to your EAP and ask to talk to our childcare specialists. Available to you 24/7.



DAILY LIVING SERVICE REFERRALS

Your EAP takes the legwork out of finding services to help deal with situations that arise in your daily life. Referrals for home maintenance and repair, pet services, moving and re-location, entertainment and travel are available



University System
of Georgia **Benefits**

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if you need this document in an additional format,
reach out to hr@ung.edu (706-864-1440)

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HEALTH