



# Feeling lost?

We'll help you find your way



A more human resource.™

However big or small an issue may be, it's good to know you can always reach out to us. We're here for you 24/7 with resources and guidance to get you through the rough patches or just to make your life easier.

## Help for the whole family

You and your household members can rely on us for free confidential sessions, either face to face or on the phone. No matter how personal or painful your situation may be, we will offer comfort and support for your specific needs.

## Count on us to ease whatever challenges you may face

- Family & relationships
- Stress management
- Home services
- Child care
- Work-life balance
- Senior care
- Financial guidance
- Legal
- Anxiety & depression
- Wellness
- Emotional Health
- Diet & nutrition

*Call for Plan Details*

## Call Toll-Free, 24 Hours a Day

- **1-866-574-7256** (1-800-873-1322 TTY). Please mention your affiliation with ADP TotalSource.
- To access the **LifeCare website**, log in to My TotalSource® select **Myself->Benefits->EAP**.

**LifeCare**®