

## Employee Assistance Program

# Support for better living

No issue is too big or too small. Receive no-cost confidential assistance today.

### Counseling

Schedule an appointment with a licensed counselor. Help is available online or in-person at times that work for you. You and your household members each receive **8** visits per issue per year.

### Legal and financial services

Connect with legal and financial experts for free, private consultations on real estate, financial advice, family law, investing, and planning for the future.

### Support for work-life balance

Access resources and receive referrals to help with child and elder care, education, consumer resources, home maintenance, pet care, and daily living.

### Digital self-paced learning

Online tools based on the principles of cognitive behavioral therapy are available 24/7 to help with issues that include stress, depression, and anxiety.



Reach out at any time — help is available 24/7.

Call: 855-442-4236

[carelonwellbeing.com/gannett](https://carelonwellbeing.com/gannett)



GANNETT

