



## Take advantage of your EAP

- ✓ It's free.
- ✓ It's confidential.
- ✓ It's a job benefit.
- ✓ It's available for you, your spouse and your dependents.

### CYBER COUCH

The Cyber Couch is the place to go for tips on self improvement.

**The Cyber Couch also offers:**

- News features
- Tests and Quizzes
- Medication Information
- A psychological self-help book
- List of helpful telephone numbers
- AND MUCH MORE...

[genesishealth.com/couch](https://www.genesishealth.com/couch)

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### COUNSELING

Genesis EAP provides free, confidential professional counseling to help you, or someone in your immediate family, resolve personal problems including:

- Marital/relationship
- Emotional/stress
- Alcohol/drug abuse
- Family illness
- Family conflict
- Financial
- Legal
- Job/personal stress
- Addictions

### FINANCIAL RESOURCES

Learn how to better manage your purchases and finances.

- Managing Your Money
- Credit
- Credit History

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### LEGAL RESOURCES

Free phone consultation to assist with personal legal matters such as:

- Family Law
- Housing and Real Estate
- Creditor Concerns
- Consumer Rights
- Criminal
- Contracts

**FOR MORE INFORMATION, CALL US AT**

**(800) 475-1641**

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