

Resources For Living

Life happens. Stress less. Live more.

Resources For Living, Banner's Employee Assistance Program (EAP), is here to help make your life easier. You can find services for all aspects of your well-being, including:

- » **Emotional support** — Talk to a counselor about what's on your mind — stress, relationships, mood issues and more. Meet face-to-face or by video stream, or get in-the-moment support by phone.
- » **Legal** — Speak with an attorney about legal issues, like estate planning and family and domestic issues.
- » **Financial** — Discuss budgeting, credit and more with a financial expert.
- » **Daily life assistance** — Let our specialists help you solve everyday issues and coordinate caregiving needs.
- » **Website** — Check out video resources, articles, assessments, webinars and more at resourcesforliving.com.

ASK ALEX

ENROLL NOW

Confidential

Resources For Living is available to you **and** your household members 24 hours a day, 365 days a year. The services are free and confidential.

866-568-7554

resourcesforliving.com

Username: Banner

Password: EAP