

Personal Assistance Services (PAS) Employee Assistance Program (EAP)

Take advantage of your EAP!

It's **FREE**..... It's **CONFIDENTIAL**..... It's a job **BENEFIT**

As an ImpactLife employee, it's available to **YOU**, your **SPOUSE**, and your **DEPENDENTS**.

The PAS Employee Assistance Program (EAP) is an employer-sponsored benefit intended to provide confidential COUNSELING, COACHING and CONSULTATION services for employees and dependents.

PAS also offers free access to a monthly digital well-being magazine – [MindHealth Matters](#). The organization name is: **pasclient** and the code is **IMPACTlife**.

PROFESSIONAL COUNSELING, REFERRALS & RESOURCES

Professional Counselors provide confidential assessment, short-term, solution-focused counseling, referral, and follow-up services that will help you and members of your immediate family resolve personal problems, large and small. They are available 24 hours a day to help resolve personal problems including (but not limited to):

- Marital/Relationship Concerns
- Divorce/Separation
- Parent/Child Relationships
- Family Illness/Grief & Loss
- Elder Care
- Emotional Wellness
- Academic/School
- Financial
- Legal
- Substance Abuse & Other Addictions
- Anger, Depression, Anxiety
- Personal/Work Related Stress
- Domestic Violence
- Crisis & Disaster

LIFE MANAGEMENT SERVICES include (not limited to):

- Childcare Consultation
- Homebound learning
- Parenting Consultation
- Education Planning
- Career Coaching
- Health and Wellness
- Weight and Nutrition
- Fitness Coaching
- Tobacco/Nicotine Cessation
- Financial Consultation
- Identity Theft
- Will Preparation
- Legal Consultation
- Retirement Coaching
- Elder Care Management
- Organization/Productivity
- Life Coaching
- LifeMart

Reach out to PAS toll-free 24/7 at 1-800-356-0845 or visit [PASEAP.com](#). Login using Organization Name: **pasclient** and Company ID: **IMPACTlife**