



Group disability insurance

# Help handling life's ups and downs

For employees of City of Kings Mountain

Life can be unpredictable. And it's not always easy. So it's a big deal to know there's help available when you need it. That's what the Employee Assistance Program (EAP), provided by Magellan Healthcare, is all about.



With an EAP, you and your immediate family have access to free, confidential resources to help handle life's everyday – and not so everyday – challenges.

### Face-to-face visits

One valuable way to work through personal or work issues is talking with a professional. You can meet face-to-face with an in-network licensed mental health practitioner for up to 3 counseling sessions per problem per year.

### Web-based confidential care

Online programs give you a different option from traditional counseling. These confidential, clinically proven programs let you move through the program at your own pace.

### Services for you and your family

Your EAP offers these services to help you and your family deal with the big and little things:

- LifeMart Discount Center, with savings on a variety of products and services
- Self-assessments for identifying issues with stress, depression or substance use
- Health and wellness articles, guides, webinars, podcasts and calculators
- Online assistance with eldercare, child care and other family life resources
- Help with teen and adolescent issues, including eating disorders and relationships
- Tips on parenting and grandparenting
- 24/7 phone consultation with licensed mental health professionals and referrals to supportive resources\*
- Ongoing personal coaching sessions with scheduled telephonic appointments

### Help when and where you need it – day or night

Life's challenges don't always happen during regular business hours. That's why you and your family have 24/7 access to your EAP.



800-356-7089  
International: 800-662-4504  
TTY:800-456-4006



[MagellanHealth.com/member](http://MagellanHealth.com/member)

\* You're responsible for any fees resulting from referrals outside the EAP, including those associated with medical benefits.

Help is just a click or phone call away

Online: [MagellanHealth.com/member](http://MagellanHealth.com/member)  
Toll-free: 800-356-7089  
TTY for hearing impaired: 800-456-4006  
International access only: 800-662-4504



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