

When you need help turn to Continuum

In today's fast-paced world, juggling one's work and personal life can feel overwhelming at times. Continuum Employee Assistance Program services are designed to help you and your immediate family find solutions before any problem – large or small – adversely affects your well being, health, or job performance.

Continuum EAP services are available to you and your family at no cost as part of the benefits you receive from your employer. Day and evening appointments are available or you may access assistance by phone or email. In case of emergency, Continuum professionals can be reached at our regular phone numbers 24 hours a day.

If additional help is recommended, your health insurance and/or other benefits may apply. We can advise you of the approximate cost of additional help before any referrals are made and help you coordinate with your insurance company.

Confidentiality is a vital part of our program's success. Your use of Continuum EAP services will be treated confidentially in accordance with all state and federal laws.



Established in 1974, Continuum has received national recognition for its success in working with employees and their families. Continuum counselors are fully licensed and experienced professionals.



1135 M Street ♦ Suite 400
Lincoln, Nebraska 68508
402-476-0186 ♦ 800-755-7636
Fax: 402-476-2757
EASpecialist@4Continuum.com

Check Us Out! Go to:
www.4Continuum.com
Click on Employee Assistance
Click Online EAP Orientation

Employee Assistance Program



**PROFESSIONAL,
CONFIDENTIAL
SERVICES FOR YOU
AND YOUR FAMILY**

We're here to help you and your family. Confidentially and cost-free.

PROBLEM SOLVING

Everyone experiences problems from time to time and professional assistance can often help. Whatever the problem, Continuum is your first step toward feeling better and finding the proper solutions.

We are prepared to help you resolve issues in a variety of areas including:

- ♦ Stress management
- ♦ Drug and alcohol abuse
- ♦ Communication and conflict issues
- ♦ Marital and family difficulties
- ♦ Depression or anxiety
- ♦ Loss and grief
- ♦ Job stressors
- ♦ Change, and much more

Talk with one of our professionals. We will help you determine the best course of action. Our short-term, problem-solving counseling resolves many issues. If long-term support or specialized resources are needed, we will recommend qualified, affordable resources that would best meet your needs. We follow up to ensure you are getting the assistance you require.



WORK/LIFE INFORMATION & EDUCATION

Continuum professionals are experienced in providing assistance with a wide variety of life issues. We offer information, education, and resources to help you achieve your personal and professional goals and effectively handle life's daily challenges.

We direct you to resources and help you make informed decisions in such areas as:

- ♦ Caregiver support
- ♦ Grief
- ♦ Parenting

Plus we can help you enhance your skills in:

- ♦ Management
- ♦ Communication
- ♦ Conflict resolution
- ♦ Career growth

Start by giving us a call to discuss your needs or areas of interest. We will send you appropriate information and will provide additional consultation if necessary.



LEGAL AND FINANCIAL ASSISTANCE

When you have legal or financial questions or challenges, we have a network of experienced attorneys, financial professionals and licensed CPA's ready to assist you in matters such as:

- ♦ Divorce
- ♦ Bankruptcy
- ♦ Civil or criminal matters
- ♦ Tax consultation and preparation
- ♦ Adoption
- ♦ Estate planning
- ♦ Family budgeting
- ♦ Retirement planning
- ♦ Child support
- ♦ Elder care obligations and more

Your initial consultation is free. If you need further assistance, our networked professionals offer 25% discounts off their usual rates.

Visit our legal and financial website which includes over 5000 legal and financial forms, financial calculators and articles.

You can also use our low-cost "Do-It Yourself" Legal Forms Preparation Service, to help you complete legal documents from the comfort of your home and without the cost of using an attorney.

*Employment related disputes or actions are not covered by this service.

To access Continuum EAP services:

- ♦ Call: 402-476-0186
- ♦ Toll free: 800-755-7636

Visit www.4Continuum.com for more information.

You may also e-mail your questions or concerns to:

- ♦ EASpecialist@4Continuum.com

One of our professionals will respond promptly.

**City of Lincoln
Continuum HelpNet**

Your Work/Life Interactive Toolbox

Life can be hectic and stressful. Continuum **HelpNet** can help you better manage the multiple demands on your time and energy.

You'll find an abundance of useful resources, articles, links and interactive tools designed to support all aspects of your life.

*Parenting *Thriving *Aging *Working *Balancing *Living *International

Continuum **HelpNet** services are convenient and effective. Use **HelpNet** to:

- Locate summer camps, daycare and assisted living providers, volunteer opportunities in your local area or across the country.
- Achieve your personal and professional goals through our on-line **training programs and monthly seminars**.
- Read articles on such topics as reducing stress, parenting and grief.
- Find discounts at our **Savings Center**.
- Assess your health and fitness.
- Research a disease's symptoms and treatment.

* **Help is available 24 hours a day, seven days a week. All you need is access to the Internet.**

* **It's completely confidential, private & free.**

You can live the life you want-We Can Help!

To Log On:

1. Start at our web page, www.4Continuum.com, click on arrow next to **Employee Assistance**.
 2. Click on Continuum **HelpNet** in the drop-down menu.
 3. Click on **Log on to HelpNet**.
 4. Enter your **User Name** and **Password**.
- Contact Continuum for Log On assistance.

402.476.0186 or 800.755.7636

www.4Continuum.com

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