

CITY OF LINCOLN-LANCASTER COUNTY

FREE
&
CONFIDENTIAL

EMPLOYEE ASSISTANCE PROGRAM SERVICES

CONTINUUM EAP IS HERE TO HELP

At one time or another, life is difficult for us all. Continuum EAP's services are a free and confidential benefit your employer provides to help you and your immediate family members navigate life's challenges and improve your overall well-being.



SHORT-TERM COUNSELING

Problem solving for all types of concerns including grief, depression, anxiety, substance abuse and family situations. Licensed counselors offer these services in person, over-the-phone and via video.



FINANCIAL COACHING

Seasoned financial professionals will help analyze your relationship with money and your financial habits. Education on the basics of personal finance will help improve your financial confidence and well-being.



LEGAL ASSISTANCE

Consultation with an attorney for all non-employment related issues, discounted rates if further legal representation is desired; and self-help website with legal forms and resources.



WELLNESS COACHING

Access to telephonic or video sessions with a registered dietitian to help explore your personal wellness and get assistance with goal setting, behavioral change and overall health.



IDENTITY THEFT ASSISTANCE

Identity monitoring, protection and fraud resolution services for those who are concerned about or are victims of identity theft.



WORK/LIFE SERVICES

Help with challenges from parenting to elder care, stress management or workplace conflict. Assistance can be accessed by talking with an EAP professional or by visiting your online member site, HelpNet, to view training courses, articles, videos and more to help you on and off the job. Click "Member Login" at 4continuum.com / **UN = CITY / PW = 7636 UN = COUNTY / PW = 7636**



Take the first step and contact Continuum EAP. Their trained staff can help sort your concerns and get you connected with the right resources to help.