



# CONTINUUM

Employee Assistance | Training | Consulting

**Keeping you happy  
and productive at  
home, work and in life.**

**We all face problems from time to time.**

That's why your employer provides you and your immediate family members with a free and confidential employee assistance program. Continuum EAP offers resources and solutions for the problems you face and a variety of resources to help you save money, grow professionally, improve your health and enhance your personal life.

**4continuum.com**

402-476-0186 | 800-755-7636

easpecialist@4continuum.com

Get our app on your phone:

**Continuum EAP**



**VISIT ONLINE**

# Ways Continuum helps...

**Counseling.** Meet short-term with a licensed clinician to assist with concerns such as anxiety, depression, grief & relationship conflicts.

**Life Management.** Assistance with life's daily challenges such as parenting, eldercare or locating community resources. We provide consultation, information & education.

**Legal Assistance.** Free attorney consultations for most non-employment concerns. Discounted rates available if further assistance is needed.

**Financial Wellness.** Work with seasoned financial coaches to help with debt management, budgeting, taxes, retirement or college planning.

**Virtual Resources.** Access to thousands of resources including self-assessment tools, calculators, videos, webinars & trainings.

**Referral Services.** Recommendations and referrals to qualified and specialized or long-term resources that best meet your needs.

**Wellness Coaching.** Meet with wellness experts to discuss weight management, exercise planning, overcoming barriers & goal setting.



Continuum EAP provides services in-person, virtually or by telephone. **Just reach out for free and confidential services.**