



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.**

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