

BACK TO SCHOOL SUPPORT IS HERE

Whether you're helping a child start school, supporting a teen through a new school year, or preparing for college, back-to-school season can bring both excitement and added responsibilities. Your **AllOne Health Employee Assistance Program (EAP)** is here to support you and your family every step of the way.

AllOne Health provides a variety of resources, referrals and support to help with the back-to-school transition and build emotional well-being all year long.

SUPPORT:

- ✓ Confidential counseling for you and your eligible family members
- ✓ Parenting support and guidance
- ✓ Support for stress, anxiety, and coping with change
- ✓ Family and relationship counseling
- ✓ Coaching for goal setting, time management, and overcoming everyday challenges
- ✓ Resources to support your overall emotional wellbeing

REFERRALS:

- ✓ Before- and after-school care
- ✓ Tutoring and homework assistance
- ✓ SAT and college test preparation
- ✓ Financial consultation sessions for college planning
- ✓ Transportation resources
- ✓ Community programs, activities, and local events

Contact AllOne Today

Call: 800-451-1834

Visit: allonehealth.com/portal



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