



Your Employee Assistance Program

Confidential assistance and support around the clock, anytime you need it.

Reach out to our specialists to find out what this benefit can do for you. We offer you and your loved ones information and referrals for many of your personal needs. Just call. We'll do the research and send you a list of service options, community resources and referrals to experts in your preferred location.

We can help you navigate through life's little and big challenges:

- Depression, anxiety and stress
- Substance abuse
- Childcare resources
- Sudden lifestyle changes
- Workplace problems

Call and receive a personalized consultation. Our specialists are available 24/7 to assist you.

**Contact us anytime you
need help with any of
life's concerns.**

866-248-4094

or log on to
www.liveandworkwell.com
Access code: Rhodelsland

TDD/TTY: Dial 711 and enter the toll-free
number listed above.

EAP services are available at no extra cost to all State of RI employees and their family members

