

With only 24 hours in the day, there is only so much that can be done. Finding a moment to catch your breath can be difficult. Sometimes we all need a trusted resource.

# Get the Most Out of Life

**PARTNERS  
FOR HEALTH**

**EMPLOYEE  
ASSISTANCE  
PROGRAM**

**1.855.Here4TN**  
(1.855.437.3486)  
[www.Here4TN.com](http://www.Here4TN.com)

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**1.855.Here4TN**  
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1.800.456.4006 TTY users  
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# Life is Unpredictable and Ever Changing.

*Your ParTNER's Employee Assistance Program is a Valuable, Confidential and No Cost Resource.*

ParTNER's EAP provides up to five no-cost counseling sessions per separate incident, either face to face with a licensed therapist or over the phone with licensed provider. In addition, your EAP provides financial counseling, legal consultations, elder care consults, childcare consults, identity theft support and many other benefits that help you deal with all that life sends your way. You may not need assistance today but we are here for you, your family and your co-workers every day.

## We can help with:

- Family or relationship issues
- Coping with a loss of a loved one
- Difficulty or conflicts at work
- Dealing with addiction
- Finding elder or childcare
- Legal or financial issues

## Step into Action

It's quick, easy, and confidential—all available to you at no cost 24/7.



Call ParTNER's EAP toll-free  
**1.855.437.3486**



Visit **www.Here4TN.com** for  
online tools, resources and more



**Remember, ParTNER's EAP provides up to five counseling sessions per problem at no cost to you.** Call or log on to talk with someone, to receive a referral or for additional information.

Stress  
Family and relationships  
Grief and loss  
Alcohol or drug concerns  
Work-life balance  
Health and wellness  
Depression and anxiety  
Legal and financial issues

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