

EAP (Employees Assistance Program)

New program to help you balance work and life — available now!

- ***Are you interested in more than just breaking an unhealthy habit?***
- ***Do you ever wish you could get help just managing your busy schedule?***
- ***Would you like to make lasting changes in your life?***
- ***Do you just need to talk?***

Chances are, you can say “yes” to these questions at some point in your life. Trying to juggle work, kids, family, and life can be challenging. You’ll be glad to know that Perth Amboy Board of Education cares and offers services that can help. It’s called the Aetna Resources For LivingSM Employee Assistance Program (EAP) and its available now. *This program is available at no cost to you.*

Here are some highlights of the program:

- **Designed for everyone:** The Aetna Resources For Living EAP is designed for anyone who could use a little help in managing demanding everyday situations.
- **Variety of resources all in one place:** The program gives you access to a wide variety of supportive services in areas such as relationship issues, substance abuse, wellness and more. You can save time and effort because the resources are all in one place.
- **Easy, confidential access:** Call **1-800-955-6422** anytime, 24 hours a day, seven days a week. When you call, we will guide you to the resources that can address your needs
 - Visit www.mylifevalues.com for easy access to information, interactive tools and self-assessments.
 - User id: **Perthamboyboe**
 - Password: **EAP**

Perth Amboy Board of Education and Aetna Resources want you to know that we are here for you. We want to help you be the best **you** possible.