

## APS HelpLink.com

*APSHelpLink is an interactive, web-based life management resource providing a wide array of tools to help individuals clarify concerns and develop plans to resolve them effectively. Issues can be explored in a private, convenient and secure manner 24 hours a day.*

APSHelpLink is an integral part of your EAP, providing easy-to-read information and tools in these life areas:

- Addiction
- Intimate Relationships
- Adult Care
- Legal Concerns
- Anger
- Relationships that hurt
- Child Care
- Sexuality
- Depression
- Stress/Anxiety
- Grief
- Workplace Issues

Additionally, managers and supervisors have access to information and advice about leadership issues and the people issues inherent in their roles

APSHelpLink has:

- \*Interactive Assessments
- \*Financial Calculators
- \*Skill Builders
- \*2,500+ Articles and Resource Links
- \*Topical Training
- \*Savings Center
- \*Audio Tips
- \*Online Seminars

### Access to APShelpLink:

**Step 1:** Go to [www.apshelpink.com](http://www.apshelpink.com)

**Step 2:** MONROE103

### APShelpLink features:

**Learning Center** - Life lessons to improve your mental and physical health and relationships at work and at home. Listen, read, assess and make plans using the information and interactive tools.

**Emotional Well-being** - Articles, audio files and resource links on many topics, as well as self assessments on anger management, career motivation, goal setting, emotional intelligence and self-esteem.

**Working Smarter** - Information, audio files, assessments and skill building activities that assist in goal setting, balancing work and personal responsibilities, emotional intelligence, business writing, leading effective meetings, time management, effective communication and more.

**Family & Caregiving** - An extensive database for child or adult care resources, information, related links and state regulations on child and adult care resources.

**Health & Wellness** - Resources promoting health and wellness across the life cycle—articles, diet and fitness program and a personalized nutrition plan. Daily Living - Information on topics that impact your daily life. Articles on consumer information, calculators, pet information, etc.

To speak with an EAP professional, call us at 1.800.999.1077 for information or to schedule appointments or 1.800.833.3031 to access our 24 hours per day crisis service