



Your Employee Assistance Program is here to help.

The EAP program offers services that support your well-being and resilience in work and life. There is no cost to you, no registration, and all sessions are completely confidential. For more information or to access benefits, call 888-893-5893 to speak with a counselor and be connected to services. Visit trinet.mylifeexpert.com to learn more about the TriNet Employee Assistance Program.

Counseling Benefit:

Up to **3 sessions** per incident for you or your dependents. The EAP can help you:

- Manage and reduce emotional stress
- Enhance interpersonal relationships
- Address family/parenting challenges
- Address substance abuse
- Manage strong feelings
- Build on personal strengths
- Navigate life transitions
- Work through grief and loss

Work/Life Benefit:

Consultation and referrals for:

- Child Care
- Adoption
- K-12 and Higher Education Resources
- Elder Care
- Dependent Care



Contact TriNet EAP
Call: 888-893-5893
Visit: trinet.mylifeexpert.com
Company Code: trinet

