From listening to your child talk about being bullied to witnessing a traumatic event, secondhand stress can affect you, too. If you’re finding it hard to stay positive when tough things happen to others, your EAP and WorkLife Services Benefit offers confidential support for managing:

- Anxiety and depression
- Parenting and family issues
- Relationship problems
- Workplace changes
- Living with chronic conditions
- Substance use
- Child and eldercare support

**What’s a clinician?**

A clinician may be a psychologist or master’s-level specialist trained in social work, professional counseling or family and marriage therapy.

**How does it work?**

A specialist will listen to your needs and connect you to the appropriate resources, whether it’s a counselor, mediator, clinician, lawyer or financial advisor. You can take advantage of short-term counseling or get a referral for more extended care. And, we’ll try our best to accommodate any gender, language or cultural preferences.

**How much does this cost?**

As part of your benefits, EAP and WorkLife services are available at no extra cost to you. This includes referrals, seeing in-network clinicians, access to liveandworkwell.com and initial consultations with mediators or financial and legal experts.

Want to retain a lawyer after your consultation? You’ll get a 25 percent discount.

**What other resources are available?**

You and your family also have 24-hour private access to liveandworkwell.com. This interactive website offers tools and resources to help you enhance your work, health and life. On the site, you can:

- Check your benefit information
- Submit online service requests
- Search the online clinician directory
- Use our virtual help centers to find information and resources for hundreds of everyday work and life issues
- Access financial calculators, legal articles and other tools
- Search our databases for childcare, nursing homes and other local resources
- Participate in interactive, customizable self-improvement programs

Any member of your household can use liveandworkwell.com, even children living away from home.

**Contact us any time you need help with life’s concerns.**

Your Employee Assistance Program and WorkLife Services Benefit

(800)234-5465

Or log on to liveandworkwell.com

Access code: csuci1
TRUE. Seeing others who are stressed can make you stressed. JUST LIKE THE FLU stress can be CONTAGIOUS.