

FINANCIAL WELLNESS

Your EAP: A Lifeline in Stormy Economic Times

*"Government bails out Fannie Mae and Freddie Mac"
"Lehman Brothers files for bankruptcy"
"Stock market loses 500+ points for most significant loss since 2001"
"Fifty-eight percent of voters rate economic concerns #1"*

The headlines are alarming and financial analysts agree: the economy of the great US of A has not hit bottom yet! To add to the gloomy forecast, **it is well documented that challenging times can lead to out of control emotions, physical ailments, relationship breakdowns, and more.**



How does one survive during such challenging times?

EAP Service Provides a Lifeline

First, the good news. **Your employer has provided a valuable benefit in your Employee Assistance Program (EAP). This resource is a virtual one-stop shop to address the many facets of an economic downturn.** You and your family members have access to this service which is strictly voluntary—and completely confidential. "Sign me up," you say, "but how can an EAP help me?"

Counseling by licensed professionals can help you address the emotional side of the equation, e.g. dealing with anxiety, managing stress, coping with anger or depression. If your marital relationship is suffering the effects of pocketbook stress, these professionals can help you sort things through.

"That's great!" you say. "Now I'm calm and my partner and I are in alignment--but I still face credit card debt, a declining home value, and a strained budget!"

Develop a Personalized Plan with a Free Financial Consultation

More good news. **Your EAP service includes free financial and legal consultations as a part of this benefit!** Allow financial professionals to provide their expertise on your unique situation. Get a plan in place to lend you a lifeline and keep you from going under.

A Few Additional Tips

- Focus on repaying secured debt first to avoid losing your home or risking repossession.
- For credit card debt, paying an amount over and above the minimum can make a sizeable dent. Transferring balances to special low-rate credit card offers--some even at 0%--will allow you to pay more of the original debt.
- Take a serious look at your household finances and identify areas which can be cut back or eliminated altogether.
- Diversify your investments, but do not make emotionally based decisions. Talk to a financial professional before making any moves.

Getting Help

Your Employee Assistance Program (EAP) offers confidential and voluntary professional assessment, short-term counseling, and referral services for you and eligible household members 24 hours a day, 7 days a week.



800-272-7252

www.horizoncarelink.com