The Ulliance EAP is part of your benefits package and offers total well-being services to you, your significant other and dependents through the age of 26.

Counseling

Feeling overwhelmed with work, relationship issues, addiction, or loss? Expert counselors offer guidance through **in-person chats, virtual video sessions, or phone calls** for solutions and breakthroughs.

Coaching

Tackle life's hurdles with a Life Advisor Coach, ready to chat via phone or video. **Crush those career goals, save for a rainy day, or level up your self-improvement** game with our pro tips and tricks.

Crisis help

You can speak with a mental health professional by phone at any time, **24 hours a day, 7 days a week**—365 days a year.

Legal & Financial Consults

Our experts offer support and resources to help you navigate difficult situations, including **legal advice, financial planning, and debt management.**

Resources & more!

Explore **expert advice, articles** and **tips** for a fulfilling life. Join **webinars,** watch orientation **videos** to discover hidden talents. Learn how to access **community resources**, the Ulliance **identity theft program**, plus **travel** and **entertainment discounts** for you and your family.

Connect with us

Call us today and kickstart your journey to becoming the ultimate version of yourself!

800.448.8326