



People Who Use UTEAP Say, “It Works!”

“...My counselor really listened to my concerns, and he was genuinely interested in helping me.”

“...I was so anxious when I called. My counselor calmed my fears in no time, and found care for my mother in another state!”

“...She was professional, knowledgeable and did all the legwork — saving me many hours of frustration and effort.”

“...I was relocating from another state. Having this service to help me find child care was tremendously valuable.”

“...The referrals and educational materials are all first-rate. My counselor was helpful, kind, and efficient!”

Child Care • Elder Care
Care for Disabilities
Legal Services • Financial Counseling
Counseling Services • Wellness Resources

**Your Free One-Stop
Referral Benefit**



The EAP and Worklife Services are administered by UTEAP. All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change. 44.02.953.1-UTE (9/15)



We are here
to **help** you when
life happens



The University of Texas
Rio Grande Valley

Life is a balancing act between work and family...

...and UTEAP is the resource you can turn to for expert, caring help when "life happens."

UTEAP provides an Employee Assistance Program, (EAP) for you and your family members. Through the EAP, you can access free, convenient, and confidential services. The EAP offers a variety of services including counseling with a licensed mental health professional.

What types of problems can UTEAP help with?

UTEAP provides counseling and consultative services for all types of life concerns. Some of the most common reasons that employees contact the EAP are:

- Stress & Anxiety
- Depression
- Alcohol/Drug problems
- Parenting & Family Concerns
- Couples & Relationship Issues
- Grief or Bereavement
- Anger Management
- Change & Life Transitions
- Work Conflicts
- Communication Skills

You Have A Need. We Find A Solution.

- UTEAP provides you and your family with personalized consultation and referral services.
- We specialize in care for children, elders, people with disabilities, and caregivers.
- We can locate care anywhere in the United States.
- We help you and your dependents.
- Services provided by UTEAP are free and confidential.

What can you expect when you call UTEAP?

You'll talk to one of our experienced EAP staff who take the time to fully understand your concerns and explore care options with you.

For Worklife services, the counselor will start researching your care needs immediately.

You'll receive a return call and a packet containing educational materials to help you and your family make informed decisions.

Two weeks later, your counselor will follow up to find out if you have all the information you need, and to answer any questions you may have.

- Can you help me find child care for my toddler, and an after-school program for my thirdgrader?
- What transportation is available for my frail grandfather who lives in another state and must get to weekly doctor appointments?
- How do I prepare a simple will and health care power of attorney?
- If I am interested in adopting a child, what resources are available?
- How will I ever pay off my credit card debt?
- Can you locate an attorney in my town to help me with my legal issue, at a discounted rate?
- Where can I find a program to lose weight or stop smoking?

Not sure if we can help you with your situation? Contact us!



How do I make an appointment?

Making an appointment is easy. Simply call us or visit our website to request an appointment or Worklife services.

And of course, UTEAP counselors are available to help you at anytime!

We are here to help you when life happens!

toll free (800) 346-3549

UTEAP

toll free (800) 346-3549

www.mylifevalues.com

username: UTRGV password: UTRGV