



# Strength is Asking for Help



Health Advocate can help you with real-life issues when you need it most.



## Work

- Balancing Work & Family
- Working with Others
- Time Management
- Occupational Stress

## Life & Family

- Financial
- Eldercare
- Legal
- Family/Parenting
- Childcare
- Adolescent Issues

## Emotional Well-Being

- Relationships
- Drug & Alcohol
- Anxiety
- Stress Management
- Depression
- Grief/Loss



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