

# EMPLOYEE ASSISTANCE PROGRAM

## FINANCIAL WELLBEING



Financial wellbeing is about having enough money to do the things you need and want to do. People who make a lot of money can still feel financially insecure, and those who make less can feel great about their finances. It all depends on your values and goals. Avoid financial pitfalls and achieve your goals by taking advantage of the financial resources available through EAP.

### Achieve your financial goals with EAP

You can learn a variety of financial management skills, such as budgeting and spending, understanding your credit, buying a home, growing a family, or planning for retirement.

### Research topics

Discover premium financial content including articles, video courses and monthly webinars on improving credit, reducing debt, managing student loans, increasing wealth, planning your estate, and more.

### Connect with a Money Coach

Get confidential, unbiased guidance in 30-minute telephone calls with a Money Coach. You get 3 sessions per topic, per year. Money Coaches have professional experience and certifications, and they don't sell products.

Visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) or call 1-866-EAP-4SOC to learn more about EAP services.

Visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) or call today to get help with topics such as:

Work-life balance	Living healthier
Health & well-being	Emotional wellness
Family & relationships	Stress & balance
Grief & loss	Workplace support

Your resource for help with daily challenges and difficult situations.