

***Help is just a
phone call away***



Employees are an organization's most important resource. That's why the City of Torrance has contracted with a vendor to provide an Employee Assistance Program (EAP) responsive to a variety of needs.

All assessments and consultations are strictly CONFIDENTIAL. Services are available to all employees and their immediate families and include:

Clinical Counseling

- *Managing stress*
- *Family problems*
- *Divorce and marital issues*
- *Substance abuse*

Other problems of concern to your or your family members

Telephone Consultations

- *Financial Consultations* Family budgets, saving money, setting financial goals...
- *Child Care* Assess current and future needs, identify community resources...
- *Elder Care* Identify public and private resources and housing, health care and legal needs...
- *Legal Counseling* Family law, wills and contracts, real estate...
- *Daily Living/Concierge Services* Service locator for such things as pet care, ordering flowers, vacation planning, arranging transportation, buying tickets, etc...
- *Wellness Program* Online health assessment tools and self-help programs...