Gain a new perspective...
and help manage the stress in your life.

Mutual of Omaha's Employee Assistance Program (EAP) has trained professionals to work with you as you search for solutions to personal and workplace issues.

EAP is paid for by your company and is available to help you deal with a variety of personal and professional issues. Our staff members are highly trained, master's-level professionals with experience in family, personal, work-related and substance abuse issues. The program is voluntary and confidential; only your EAP professional will know you have called.

For Family Members, Too
Our staff understands that your family members also may benefit from speaking with an EAP professional. That's why the program is available to both you and your immediate dependent family members. Give each of them one of the attached wallet cards so they will be able to contact us easily.

Program Services
Mutual of Omaha's EAP professionals have experience dealing with a variety of personal and professional matters, including:

- Personal, family and work issues, including dependent care, elder care, stress, depression and grief
- Assessment and referral services

Don't delay – call today
EAP professionals want to help you work through your concerns with an objective point of view. Start today by calling your EAP Professional.

EAP staff members are available 24 hours a day, 7 days a week, every day of the year by calling 1-800-316-2796. And to benefit from our wide range of information and education resources, visit us at mutualofomaha.com.
Confidential, Professional Help, 24 Hours a Day

- Depression/Stress
- Drug/Alcohol Abuse
- Emotional Problems
- Financial Pressures

- Grief Issues
- Family/Relationship Problems
- Other Personal Concerns

Basic Employee Assistance Program
Assistance available all day, every day.

Nearby the town, we have a beautiful lake where you can enjoy fishing. It's a lovely spot to relax and unwind.

Confidential, Professional Help, 24 Hours a Day

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- Drug/Alcohol Abuse
- Emotional Problems
- Financial Pressures

- Grief Issues
- Family/Relationship Problems
- Other Personal Concerns

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Begin today. Mutual of Omaha Insurance Company is licensed in all 50 states. United of Omaha Life Insurance Company is not licensed in New York.

Administered by:
Mutual of Omaha Insurance Company
United of Omaha Life Insurance Company
Mutual of Omaha Plaza
Omaha, NE 68175
mutualofomaha.com

When you want someone to talk to...

Depression/Stress
Drug/Alcohol Abuse
Emotional Problems
Financial Pressures
Grief Issues
Family/Relationship Problems
Other Personal Concerns

Mutual of Omaha Insurance Company
United of Omaha Life Insurance Company

Mutual of Omaha's Wild Kingdom on Animal Planet
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