

Our confidential resource and referrals are available at no cost to you. Services with referral sources are optional and fees may exist.

GET HELP WITH:



Family Conflict



Couples/Relationships



Substance Abuse



Work/Life Balance



Stress



Depression/Anxiety



Grief



Parenting

YOU HAVE ACCESS TO MENTAL HEALTH COUNSELING

Short-term counseling by licensed, Master's-level counselors via phone, mobile app, chat, and video. Available to you and your household members 24/7.



EVERYDAY ASSISTANCE:

Overwhelmed and scared about her teen's active substance misuse, Gina called in looking for assistance. She received an appointment with a counselor, and during their sessions, she learned parenting strategies and boundary-setting to help manage the situation. Gina also received information about local treatment programs for her son and family support groups.

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allonehealthheap.com



1-800-451-1834

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GET HELP WITH:



Life Transitions



Communication Skills



Stress & Time Management



Work/Life Balance



Managing Multiple Projects



Goal Setting/Action Steps



Improving Relationships



Living a More Purposeful Life

LEVEL UP WITH LIFE COACHING

Reach your personal and professional goals with 3 free coaching sessions.



EVERYDAY ASSISTANCE:

Roberta was studying to retake a professional exam that she needed to pass and was looking for help with time management. Our coach helped her develop a study schedule that worked with her already hectic work schedule and kept her accountable to stay on top of it. She e-mailed her coach a few months later to report she passed her exam!

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GET HELP WITH:



Childcare



Eldercare



Housing



Transportation



Adoption



Education



Pet Care



Household Errands

BALANCE BETTER WITH WORK/LIFE RESOURCES

Receive personalized support for a wide range of caregiving, life management and family needs.



EVERYDAY ASSISTANCE:

A hard-working parent reached out to the program looking for alternative infant care since their provider was closed due to COVID-19. The team found 5 childcare providers in her area that were open and provided detailed information including pricing, fees, hours, and availability. The parent responded, "This program is a lifesaver!"

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GET HELP WITH:



Bankruptcy



Divorce



Custody



Estate Planning



Wills



Real Estate



Adoption



Eldercare

YOU HAVE ACCESS TO LEGAL ASSISTANCE

Get connected with a qualified attorney for a FREE 30-minute consultation.



EVERYDAY ASSISTANCE:

Dominick called in looking for help with finding an attorney. He had hired a company to repair his roof and already signed a contract. Suddenly the company stopped responding and never came back to finish the job. The Assistance Program was able to locate an attorney within 5 miles and offer a discount to use this attorney's services.

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GET HELP WITH:



Bankruptcy



Home Buying



Debt



Identity Theft



Retirement Planning



College Planning



Budget Coaching



Taxes

YOU HAVE ACCESS TO FINANCIAL ASSISTANCE

Financial Assistance connects individuals with certified financial planners, public accountants, and credit counselors to help with personal financial challenges.



EVERYDAY ASSISTANCE:

Maggie reached out feeling overwhelmed and anxious after receiving a letter from an attorney regarding an old debt that was not paid. The letter also specified that her wages were to be garnished. After utilizing financial consultation services through the assistance program, Maggie learned it was illegal to garnish her wages, and that the letter was a scam.

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GET HELP WITH:



Travel



Sports and Recreation



Household Errands



Home Food Delivery



Professional Services



Entertainment Planning



Housing and Real Estate



Cleaning Services

YOU HAVE A PERSONAL ASSISTANT

Let us help with the everyday tasks on your "to-do" list!



EVERYDAY ASSISTANCE:

During COVID-19 stay-at-home orders, Rebecca needed assistance with grocery delivery, especially with finding out-of-stock items like flour, active yeast, cleaning supplies and hand sanitizer. The Personal Assistants Team reached out to all grocery stores within 25 miles to confirm availability of items, and provided Rebecca with information about delivery options.

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GET HELP WITH:



Insurance Navigation



Doctor Referrals



Health Care Transportation



Discharge Planning



Care Transition



Durable Medical Equipment



Geriatric Care



Medical Appointment Preparation

YOU HAVE ACCESS TO MEDICAL ADVOCACY

Medical advocates help you interpret medical information related to claims, coverage, and medical diagnosis.



EVERYDAY ASSISTANCE:

Tara needed a reliable, medically trained babysitter to help take care of her young son who has chronic asthma. She and her husband had tried every avenue they could think of to get a decent sitter but kept coming up blank. The Assistance Program was able to provide a list of professional babysitters, all medically trained, and well suited to her son's needs. Tara now has time back in her day, and peace of mind that her son is well cared for.

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