

From everyday stress . . .
to life's biggest challenges
. . . we can help



Employees and family members can call **Coastline EAP** for confidential consultation or support anytime, day or night.

We all have times when we worry about our work, family or personal life. Sometimes our lives are more stressful than other times, and it's only natural that we may need someone to talk with now and then, or a referral to a reliable resource.



How Does It Work?

Simply call toll-free **1-800-445-1195**
24 hours/7 days a week.

What Concerns Does the Service Cover?

- Grief
- Stress
- Anger
- Anxiety
- Addictions
- Depression
- Childcare
- Eldercare
- Financial Worries
- Legal Matters
- Relationship Conflicts
and more

How Do You Access the Web-Site?

Log on to **www.coastlineeap.com**, user name: *Your Employer's Name* for information about EAP services, health topics, monthly newsletter and a link to access e-mail to request service.

Who Can Use the Services?

Coastline EAP is available to all employees of contracted employers and their family members, regardless of where they live.

Is It Confidential?

Coastline EAP maintains strict adherence to State and Federal laws, including HIPAA, governing the confidentiality of medical records and communication of personal health information. All records are kept in locked files in the custody of Coastline EAP and cannot be accessed by your employer.



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Call toll-free: 1-800-445-1195
Visit our website: www.coastlineeap.com