

# Self-Help Resources

*A vital benefit to help with everyday issues!*

Access 25,000+ trustworthy articles, videos and tools in our updated Self-Help Resources, with easier navigation and search, new content, and Learning Centers on popular topics such as gratitude, goal setting, communication, sleep, building resilience, and more.

Higher education personnel face daunting challenges: budget cuts, students at risk, and campus safety, are just a few emerging issues. Higher Ed EAP offers resources to address specific higher education challenges.

## Other Topics Include:

- Mindfulness
- Adoption & Child Care
- Personal Finance & Budgeting
- Emotional Wellbeing
- Parenting & Relationships
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress, Anger, Anxiety & Depression
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Development
- Digital Wellness
- Disaster Prep and Response

## Resource Centers:

- Classroom Management, Pedagogy & Teaching Resources
- Campus Issues: Risk Management & Prevention
- Tech Tools For Higher Ed
- Grants, Fellowships & Awards
- Student Problems & Issues

**More benefits,  
higher satisfaction.**

📞 1-800-252-4555  HigherEdEAP.com



Scan with Your Device to  
Explore Your EAP Benefits!

Check in often for fresh content: Legal articles from NOLO • Health topics from Krames Staywell • New monthly trainings and featured Webinars • Articles on timely issues, plus useful Resource Centers, including:

▶ **CONNECTIONS/WORK-LIFE**

Caregiver and elder care support, disability support, family life, and interpersonal relationships.

▶ **LIFESTYLE SAVINGS BENEFIT**

Discounts, rewards and perks on brand-name goods and services.

▶ **TRAINING CENTER**

An extensive library of personal and professional development trainings in user-friendly formats. Plus, new Learning Centers & Training Bites.

▶ **EMOTIONAL WELLBEING**

Assess your overall emotional wellbeing with screenings for depression, anxiety, substance abuse, and more.

▶ **WELLNESS CENTER & PHYSICAL HEALTH**

Information on health conditions and illnesses, plus tools on dieting, nutrition, stress, smoking cessation, and physical fitness.

▶ **PERSONAL FINANCE & EDUCATION**

Financial calculators, budgeting, investing, debt management, and other tools.

▶ **LEGAL**

Will templates, forms, contracts, and information from NOLO on consumer rights, landlord-tenant issues, real estate, family law, and other legal topics.



## IT'S EASY TO ACCESS SELF-HELP RESOURCES!

1. Go to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) and click the **Employee and Family login** button.
2. If you've already created a User Name and Password, simply log in.
3. If this is your first visit, click **REGISTER** and fill out the form to create your User Name and Password.

**\* You only need to register once.**



1-800-252-4555  
[www.HigherEdEAP.com](http://www.HigherEdEAP.com)