



## EMPLOYEE ASSISTANCE PROGRAM (EAP)

# Supportive Counseling Service

*Perspectives offers confidential, professional services at no cost to you. The EAP includes 24/7 text and telephone counseling, Live Chat, and virtual and in-person appointments at a time and place that's best for you!*

### ADDITIONAL SERVICES

#### PERSPECTIVES ONLINE

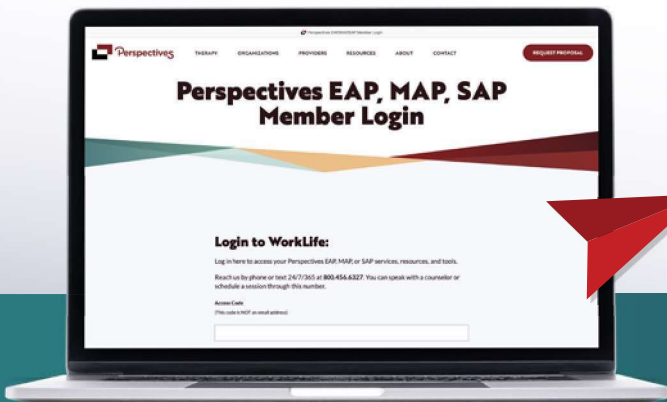
- Find over 100 legal forms with a click of a button
- Increase your financial literacy through perks & features of financial services
- Health risk assessments

#### LEGAL AND FINANCIAL

- 30-minute consultation with a Network Attorney
- 30-minute consultation with a Network Mediator
- 60-minute consultation with a Fraud Resolution Specialist

#### WORKLIFE BENEFITS

- Child and elder care pre-screened resources
- Convenience services to make your life easier
- 60-minute consultation with a Nutritionist



Log in to your WorkLife Portal at [perspectivesltd.com/login](https://perspectivesltd.com/login)

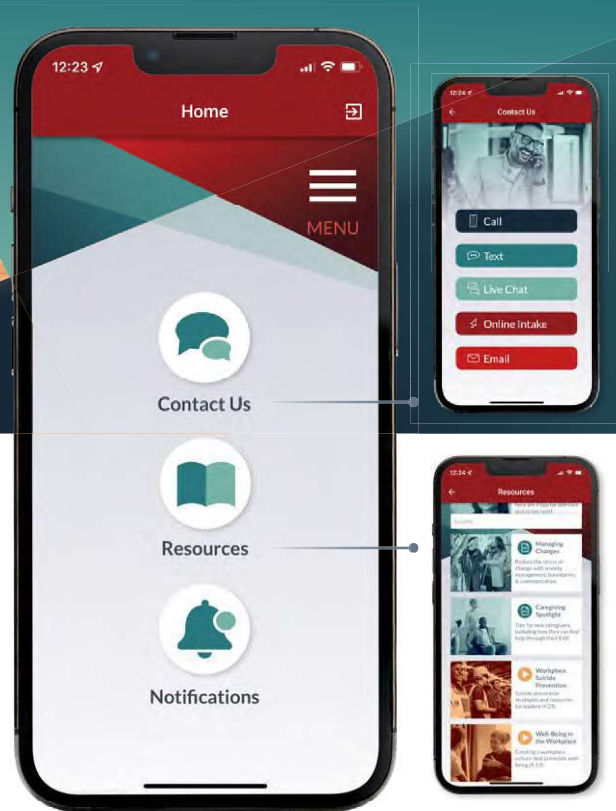
ACCESS CODE: cm201u

PASSWORD: perspectives

800.456.6327 | [perspectivesltd.com](https://perspectivesltd.com)



# DOWNLOAD THE **NEW** PERSPECTIVES LTD APP TODAY.



**Easy, confidential and secure access  
to the care and resources you need.  
Anytime. Anywhere. Anyway.**

## Get started in 3 easy steps:

1. **Search** 'Perspectives Ltd' in the iOS or Google Play Store
2. **Download** the app for free
3. **Enter** your unique access code  
*(contact your HR/benefits department for your code)*

Access Code:

**cm201u**



Scan to  
download



800.456.6327 | [perspectivesltd.com](https://perspectivesltd.com)

8/28/23

Dear Crete-Monee School District 201-U Employee:

As a part of the benefit package offered to employees, Crete-Monee School District 201-U provides an Employee Assistance Program (EAP), which is provided by Perspectives, Ltd.

Perspectives EAP is a highly respected organization dedicated to providing employees and their family members assistance with issues in everyday living. Access to a variety of information and resources is at your fingertips:

**WorkLife Online** provides access to articles, assessments, skill-building courses, links, information, and resources in the following areas: Parenting, Aging, Balancing, Thriving, Working, Living, and International. With Perspectives LiveConnect you can instant message with a counselor from the hours of 7am-9pm CST through our website or our App. Visit [perspectivesltd.com/login](https://perspectivesltd.com/login) to access these resources or download the Perspectives Ltd. App from the App store.

**Assessment / Referral / Counseling** includes 24-hour access to professionals who can help with telephone, video, text or in-person short term counseling, and referrals to other services.

**WorkLife Services** offer over-the-phone access to experts in identifying resources for child and elder care issues, as well as convenience services. WorkLife consultants are available to locate childcare resources including day care, preschool programs, college planning and adoption information. They can also provide elder care resources such as home health care, housing services, transportation, adult education and volunteer programs. The convenience service covers referrals for home repair, pet services, cleaning services, and leisure pursuits, as well as, entertainment planning and ticket searching.

**Legal / Financial Services** provide over-the-phone access to attorneys and financial consultants for a variety of issues, including separation / divorce, child custody, housing / real estate, will and probate, family mediation, retirement planning, tax consultation and financial planning. Legal / Financial Services also include referrals to attorneys in our network for a free 30-minute consultation and a 25% fee discount.

The program is *confidential, voluntary, no cost to you and only a phone call or text away*. Call or Text Perspectives 24/7 at **800.456.6327** or visit [perspectivesltd.com/login](https://perspectivesltd.com/login). Perspectives has offices in the greater metropolitan Chicago area and Northwest Indiana as well as an extensive affiliate network throughout the United States.

Please do not hesitate to contact Perspectives if you have additional questions. Your EAP is at your service.



# EMPLOYEE ASSISTANCE PROGRAM

We are pleased to announce that your Perspectives Employee Assistance Program (EAP) services are available starting **now!** Masters-level counselors are here to assist employees and their significant others and family members to address the many factors that can affect mental health and success, including work, finances, relationships and beyond.



**We are here to support your well-being—confidentially and at no cost.**

## EAP MENTAL HEALTH CARE

- Relationship Issues
- Anger
- Depression
- Grief/Loss
- Child Custody
- Addictions/Alcohol/Abuse
- Family Issues
- Parenting
- Stress
- Budgeting
- Work-Life Balance
- Mood Swings

## WORKLIFE ONLINE

- Self-Assessments
- Financial Calculators
- Career Development/ Training
- Elder Care
- Child Care
- Legal Forms
- Day Care
- Adoption
- Summer Camps
- Nursing Home Care
- Pet Services

## LEGAL AND FINANCIAL SERVICES

- Separation/Divorce
- Will Preparation
- College Planning
- Debt Counseling
- Retirement Planning
- Tax Consultation

Call 800.456.6327 or log in at [perspectivesltd.com/login](http://perspectivesltd.com/login)

**GET STARTED NOW**



ACCESS CODE: cm201u

PASSWORD: perspectives



# VISIT YOUR NEW & IMPROVED WorkLife portal today!

Anytime access to skill-building courses, assessments, forms, calculators, quizzes, videos, articles and more to feel your best at work, home and in your community.

Comprehensive navigation

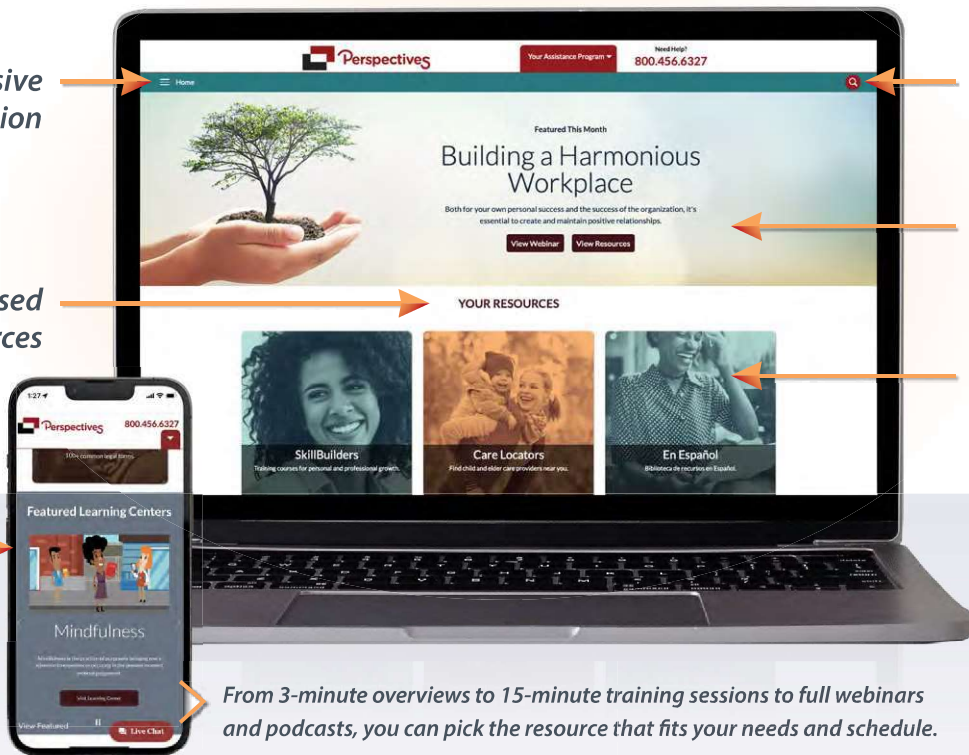
Powerful search

Most used resources

New features every month

Biblioteca de recursos en Español

**NEW**  
Learning Center

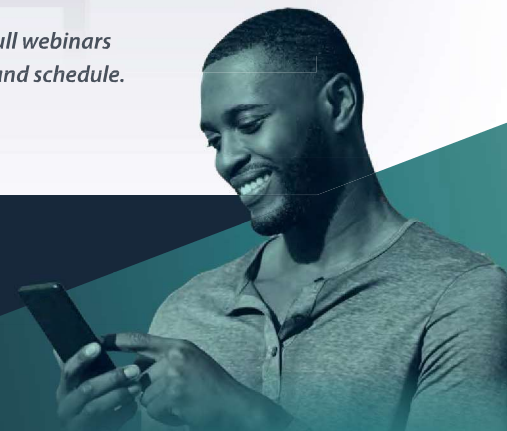


From 3-minute overviews to 15-minute training sessions to full webinars and podcasts, you can pick the resource that fits your needs and schedule.

AN  
EASY-TO-NAVIGATE  
EXPERIENCE

[Watch the orientation video](#)

YOUR ASSISTANCE PROGRAM >



# YOUR ASSISTANCE PROGRAM



**NEW** 5-minute  
orientation video

**NUEVA** orientación  
en Español

Easy instructions for  
downloading our  
**NEW** mobile app

# YOUR LOGIN IS THE SAME

To log in to your WorkLife Online Portal:

Go to [perspectivesltd.com](https://perspectivesltd.com)

and click "INDIVIDUAL AND FAMILY LOGIN" at the top of the page.

Username: cm201u

Password: Perspectives

