

# The Employee and Family Resources Program

The Employee and Family Resources (EFR) program is the new YNHHS integrated Employee Assistance and work/life program available to all employees and their household members. The program is an expansion of YNHHS' employee wellness program, *livingwell*, and is provided by a national organization called ValueOptions. The goal is to provide a one-stop **confidential** resource to help you manage the demands of your everyday work and personal life. There is NO cost for you or your family to use this program!

Here are some important details about the Employee and Family Resources program:

- Available 24 hours a day, 365 days a year
- You can access help over the phone, in person, or via the web.
- The toll-free phone number to call is **1-877-275-6226**.

**Confidential Counseling:** There are times when many of us need to speak with a counselor face-to-face to deal with specific a personal or work issue, some of which are listed below. When you call the toll-free number, you can request to see a counselor in the ValueOptions provider network whose office is either close to your home or your work. You can receive up to six (6) counseling sessions per year at no cost to you for each different issue that you're seeking help for.

**Work/life Resource and Referral Services:** When you call the toll-free number, you'll be connected to a work/life professional who can provide you with information and/or referrals on a variety of issues. There's **no** limit on the number of times you can call to speak to a work/life professional.

Confidential Counseling Services	Work/life Resource and Referral Services
<ul style="list-style-type: none"> <li>• Stress, anxiety or depression</li> <li>• Marital or relationship problems</li> <li>• Emotional difficulties</li> <li>• Alcohol or substance misuse</li> <li>• Family dynamics issues</li> <li>• Work-related concerns</li> <li>• Support during life events, such as change in marital status, bereavement, job loss, retirement, etc.</li> <li>• Caregiving challenges, e.g., aging parents, children with special needs</li> <li>• Difficulties associated with physical illness</li> </ul>	<ul style="list-style-type: none"> <li>• Childcare and eldercare referrals</li> <li>• Parenting tips</li> <li>• Kids and success in school</li> <li>• Summer camp resources</li> <li>• Work and career growth</li> <li>• Legal and financial assistance services</li> <li>• General health and wellbeing resources</li> <li>• Balancing work and family</li> <li>• Volunteering opportunities</li> <li>• Moving and relocation</li> <li>• Convenience services, such as pet care, locating recreational resources</li> </ul>

**Web Resources:** You can also access information and resources directly on the YNHHS custom website for the Employee and Family Resources program. Go to [www.achievesolutions.net/ynhhs](http://www.achievesolutions.net/ynhhs).

