

# Work Life Assistance

Confidential WLA services can also be provided to you virtually!

## Why Work Life Assistance?

Independence Health Employer Services and your employer value your overall wellness and, as a result, has engaged the services of Talbot Health Services Work Life Assistance Program.

To help ensure your work/life balance, our professionally trained staff are available for up to 5 WLA sessions. WLA is available for you and your family situation in either an office or virtual video setting. These services are confidential and free of charge.

## Should You Seek Help?

### ARE YOU FEELING:

- Overwhelmed/Worried
- Frustrated, Angry or Sad
- Hopeless

### ARE YOU STRUGGLING WITH:

- Relationship Conflicts
- Concentration
- Sleeping and/or Eating
- Family Related Stress
- Alcohol, Drugs or Gambling
- Grief/Loss

## Services Available

- Professional Assessment
- Problem Resolution and Skill Development
- Individual and Family Interventions
- Referral to Community Resources
- Basic Money/Time Management
- Various Local Appointment Sites

*Every effort will be made to schedule appointments within 48 hours*



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