

T.E.A.M. counselors are available by phone 24/7 to help you through difficulty and times of crisis, but also in a day-to-day balancing and enrichment of your life. Counselors provide private, professional, and confidential services at no cost to you.

Alcohol or Drug Problems

- Adult Children of Alcoholics
- Substance Abuse
- Legal Concerns
- Prescription Drug Dependency

Behavioral Concerns

- Compulsive Behaviors
- Eating Disorders
- Internet
- Gambling
- Overspending

Eldercare Concerns

- Community Resources
- Financial Concerns
- Legal Concerns
- Living Will
- Long-Term Care Planning

Family/Parenting

- Adolescent Issues
- Adoption
- Blended Families
- Bullying
- Communication
- Family Violence
- Learning Disabilities
- Parenting Issues
- School Concerns
- Single Parenting

Financial Concerns

- Debt and Credit
- Budgeting
- Home Buying
- Investing
- Paying for College

Job Related Issues

- Balancing Work and Home
- Career Advancement
- Conflict with Coworkers
- Harassment
- Organization
- Performance Concerns
- Productivity Improvement
- Retirement Planning

Legal

- Debt and Bankruptcy
- Divorce
- DWI
- Wills and Trusts

Personal/Emotional Concerns

- ADHD
- Anger Management
- Goal Setting
- Depression
- Excessive Guilt
- Grief and Loss
- Life Transition
- Low Self-Confidence
- Midlife Adjustment
- Military Life
- Mood Swings
- Phobias
- Sexual Orientation Concerns
- Sleep Problems
- Time Management

Relationship Concerns

- Communication Problems
- Divorce/Separation Adjustment
- Domestic Violence
- Sexual Concerns

Total Employee Assistance Management®

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