

A decorative graphic consisting of a grid of teal and white triangles, partially overlapping the main image.

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# Life happens. That's why there's help.

We all have times when we're going through a lot — at home or at work. The State Employee Assistance Program (SEAP) is here 24/7 to help you through whatever challenges you face, big or small.

Call **1-800-692-7459** anytime to get confidential,\* in-the-moment support or connect with resources for:

- Workplace or relationship concerns
- Substance use disorders
- Stress, anxiety or depression
- Referrals to financial, legal or emotional support and more

**You can also get up to six free counseling sessions per issue, per year — online or in person.**



### **Prefer to go [online?](#)**

Visit [liveandworkwell.com](https://liveandworkwell.com) (access code **Pennsylvania**) to access resources 24/7.

# Right there when it matters most

Whatever you're going through, you don't have to go through it alone. Find support whenever you need it with these resources.



## Self Care from AbleTo

Access tools and techniques designed to help reduce worry and boost your mood, anytime, anywhere.



## Legal services

Get unlimited no-cost phone consultations with a licensed attorney about landlord/tenant disputes, family conflicts, wills, powers of attorney, criminal cases and more. You can also get a free 30-minute in-person consultation.



## Financial services

Talk with a credentialed financial specialist via phone for unlimited consultations about budgeting, retirement planning, saving for college, bankruptcy and more.



## WorkLife Services

Enlist the help of a personal concierge who will help find new parent resources and child care; locate household services for cleaning, pest control, pet sitting and other needs; direct you to educational and career support; research local support groups; and much more.



## Enhanced Caregiver Support

Get six free hours of help caring for a loved one. Support may include help coordinating transportation assistance, meal delivery, recommendations for home modifications to improve safety, help finding financial resources or help locating options for independent living or in-home care.



## State Employee Assistance Program (SEAP)

Available 24/7 at **1-800-692-7459**, TTY 711

**liveandworkwell.com** | Access code: **Pennsylvania**

◀ Scan this code to save the phone number in your contacts.



\*Confidential in accordance with the law.

No cost as part of your benefits.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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