

BE WELL, *wherever you are*

Counseling Services:

Access confidential counseling services with a licensed professional for you and your family.

Worklife Solutions:

Receive expert resources and referrals for life's everyday challenges such as work-life balance, home cleaning, relocation, travel, entertainment, identity theft and more.

On-Demand Resources:

Explore a variety of free webinars on topics such as conflict resolution, stress management, emotional intelligence, anger management, and effective parenting.

Child & Elder Care:

Get connected to local childcare facilities, eldercare services, support groups, and specialized resources for individuals with disabilities.

Legal/Financial Support:

Access free consultations with legal and financial experts for guidance on managing debt, budgeting, credit counseling, and planning your estate.

**FREE AND
CONFIDENTIAL**

UTEAP can help!
For more information visit uteap.org or call 713-500-3327

