

Dear Employee,

It can be frustrating when personal and/or work related problems surface and it's unclear where to turn for help. When complications arise from stress, marital and family issues, parenting challenges, depression, anxiety, substance use, and other emotional concerns, it's comforting to have someone to talk to.

University of Toledo is proud to make available to you the IMPACT Employee Assistance Program (EAP), offering confidential support for you and your household members, dependents living away from home, and parents & parents-in-law.

Professional phone support is available around-the-clock, on an unlimited basis, offering you and your family members peace of mind that there is always someone to talk to, 24 hours a day, 365 days a year. Face-to-face counseling is also available, with up to 5 sessions included per problem occurrence.

Additional features include:

- » A web-based portal with articles, resources, and interactive features
- » Legal, financial, and identity theft assistance
- » Child and elder-care assistance
- » Referrals to community resources
- » And more...

Please detach and retain the wallet cards below in an accessible location as a reference for when you need to connect with the IMPACT EAP.

We look forward to hearing from you,

The IMPACT Solutions Team



IMPACT Employee Assistance Program
confidential professional
support for work/life matters

Call 24/7 for live immediate assistance
800-227-6007

Your counseling benefit includes up to 5 face-to-face
sessions per problem occurrence

(Note: household members, dependents living away from home,
and parents & parents-in-law are also eligible for the benefit.)

www.myimpactsolution.com

account login: UT



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