Helping you find *Balance* no matter how much is on *Your Plate*
LifeScope, where there’s more to life is a confidential life service that’s available any time, any day. That’s Great News, Any Way You Slice It.

LifeScope—your Faculty and Staff Assistance Program (FSAP)—is a confidential, comprehensive solution for today’s personal and work challenges. Our professional staff are always prepared to respond to your specific needs. Our goal is to help you simplify life. We have the time when you don’t!

GETTING STARTED
One simple phone call begins the process of locating solutions and resources to meet your work, family, and personal needs. Just call the FSAP toll-free number and identify yourself as a faculty or staff member, or as someone in a faculty or staff member’s family or household. Supportive resources and information are also available on your member website.

800-828-6025 • www.LifeScopeEAP.com
Username: brown • Password: guest

Accessed by phone or web, the FSAP can provide information, counseling, and referrals for matters related to work, family, health, or any issue that’s important to you and your family. Highlights of the service include:

• 24/7 confidential access to licensed, master’s-level clinicians
• Short-term counseling for emotional well-being issues such as stress, depression, grief, substance misuse, family/marital/relationship, career challenges, and more
• Family and caregiving consultation, resources and referrals for child care, elder care and pet care needs
• Phone consultation and online tools for legal and financial issues
• Tips, resources, and referrals for household matters, personal and family safety, travel and recreation, relocation, and more
• Tips, resources, and referrals for telephonic and electronic wellness coaching, fitness centers, healthy lifestyle supports, and more
• Robust website featuring articles, assessments, webinars, financial calculators, searchable databases, skill builders and more