



The Life ConnectionSM (TLC)

Helping you meet life's challenges.

A benefit for employees and their household members provided by Behavioral Healthcare Options, Inc.

The TLC Program includes:

Free EAP visits with a professional counselor

- ✓ Anxiety and depression
- ✓ Emotional/personal conflicts
- ✓ Grief and loss
- ✓ Managing stress and change
- ✓ Marital conflicts
- ✓ Parenting
- ✓ Questions about alcohol and drug use
- ✓ Work performance issues

The TLC you need is just a phone call away. We are here to help.

All information is confidential.

For eligibility information, please check with your Human Resources and/or Benefits office.

Crisis help available 24 hours a day

Telephonic and online access to legal and financial professionals

Telephonic and online referrals to child and elder care professionals

Online information and resources

How Do You Get Help?

To arrange for a private and confidential appointment, call:

(800) 280-3782

www.bhoptions.com



BEHAVIORAL HEALTHCARE OPTIONS, INC.SM

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