

Confidential, No-Cost Support

Ulliance Life Advisor
Consultants are
available 24 / 7 !

Your Life Advisor
Consultant can:

- Explore your unique needs and identify the right Life Advisor services to support you
- Schedule you to see a local Life Advisor SAP Counselor - close to where you live, work or go to school at no charge to you
- Provide you with immediate telephonic support for pressing issues
- Assist you by identifying helpful resources in your community

Counseling Services

- Face-to-face or phone sessions with a licensed counselor close to school, work or home
- Short term, solution-focused support for issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions

Life Advisor Coaching Services

- Telephonic sessions with a counselor
- Support and motivation to achieve a lifestyle goal such as education, financial or savings goals, develop better sleep habits, time management or self-improvement goals

Support with Your Family

- Couples and family counseling services
- Crisis support

Information and Referrals

- Books and other helpful materials on a wide variety of topics mailed directly to you and at no cost
- Referrals to free and low-cost resources related to financial concern, legal issues, day care, elder care and pet care

We are Social!

- Follow us on Facebook, Twitter, LinkedIn, Instagram, and Pinterest to receive real-time information, articles, tips and inspiration for living a healthy and well balanced life