



# Employee Assistance Options

## OPTIONS FOR EMPLOYEES SEEKING SOLUTIONS

### Access the 'MyLifeExpert' Self-Service Portal

Our work/life portal gives employees access to thousands of up-to-date, topic related articles, videos, podcasts, calculators, interactive checklists, webinars, and more related to:

- Financial & Legal
- Child Care & Education
- Eldercare
- Career & Military
- Everyday Living and more...

Scan to download the app on your phone



Members have instant, confidential, 24/7/365 support to get access to the help they need all through their phone or computer.

Create your personal account today at **MyLifeExpert.com**

Use company code: **NMUNIV**

### Text with Tess!

Text with Tess! Simply text the phone number and start your mental health journey today. Instantly available on a 24/7 basis, Tess is confidential and provides healthy coping exercises customized to what you are encountering.



TEXT "Hi" to (906) 208-4204 to begin your conversation with Tess today!

### Schedule Employee Assistance Counseling

We support a wide range of emotional and behavioral issues providing virtual or in-person counseling services for:

- Depression and Grief
- Relationship/Family Counseling
- Substance Abuse Issues
- Stress and Anxiety
- And more



These are typically one hour sessions with a counselor. Up to 8 sessions per calendar year.

We offer a highly personalized approach tailored to each of our clients individual needs to help attain the personal and professional growth for which they are striving. Sessions are available for employee, spouse/partner & legal dependents under the age of 26.



To begin the intake and scheduling process, please go to: [northstar.eapintake.com](http://northstar.eapintake.com)