



**HealthAdvocate**<sup>SM</sup>

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[HealthAdvocate.com/members](https://HealthAdvocate.com/members)



## Expert support to help you be your best self from Health Advocate

Morrisville School District has partnered with Health Advocate to provide you with confidential support from Employee Assistance Program (EAP) Professionals through phone, text, chat or video who can help you work through personal, family or work issues. They are available to help when you need it most, 24/7/365.



### Health Advocate can help you:

- Identify emotional and mental health issues and find strategies to cope
- Develop a plan to help you feel more balanced and in control
- Build skills to address a variety of emotional and mental health needs
- Locate the right support resources such as childcare, eldercare and more
- Connect with specialists for help with work/life balance, legal and financial issues
- Access more long-term help from a qualified professional, if needed

### Connect with Health Advocate no matter where you are

Access the Health Advocate member website or mobile app to learn more about this valuable service, quickly connect with an EAP Professional and access articles, webinars, and other tools to help you improve your well-being.

### Health Advocate supports the whole family

Health Advocate services are available to you, your spouse, dependents, parents and parents-in-law.

**Our decision to offer Health Advocate clearly reflects our interest in making certain that our employees have the best possible health. We believe that you and your family will greatly benefit from this valuable service.**

