



TUSD EAP Benefits

Employee Assistance Program:
844-327-8873
achievesolutions.net/tusd

- ✓ 1-3 sessions per member, per problem, per calendar year
 - Confidential face to face, telephonic or video counseling
- ✓ Legal & Financial Consultations
- ✓ Work/Life Services (online & phone referrals for childcare, elder care, education, daily living)
- ✓ Award winning Achieve Solutions website

You and your household family members can contact the EAP 24/7, 365, by calling, **844-327-8873** to get referrals for assistance with a variety of issues such as:

- Anxiety
- Depression
- Stress management
- Marriage and relationship issues
- Financial (Budgeting, Taxes, Credit Card Debt)
- Parenting skills
- Legal issues
- Alcohol and/or drug abuse
- Finding work/life balance
- Improving self-esteem
- Finding care for an aging parent
- Personal growth and development

Visit the Achieve Solutions website, achievesolutions.net/tusd on any device at home or on the go to read articles, take quizzes, view videos, trainings, audio clips, and workbooks for hundreds of topics.

