



Tools for Tough Times

If you're feeling the pain of skyrocketing gas prices, experiencing sticker shock at the grocery store, or stressing out over climbing debt, we have some new tools and resources designed to provide some relief.



Tools for Tough Times is a new EAP information benefit designed to help you cope with today's tough financial pressures - whether it be finding a rideshare program in your area, learning how to avoid foreclosure on your home, finding a local heating assistance program, tapping into ideas for saving money at the grocery store or cooking meals for less.

Our tools are designed to provide a wealth of resources to help you do more with less. If, like most people, you are having a difficult time juggling priorities and need some good ideas for how to weather the storm, our tools will offer some help. Here are some of the issues you can find help for in the resource center:

- **Mortgages and Home Ownership**
- **Debt and Money Problems**
- **Financial Tools**
- **Heating and Home Energy**
- **Gas and Driving**
- **Frugal Living**

**To access these resources, simply log on to our website
www.theEAP.com**

- ◆ Click on the "**Employee/Family**" Login" button
- ◆ Click on "**Register here**" (or sign in if you have previously registered)
- ◆ Enter **Your Employer** and click on the **Continue Button** - your employer's name will appear; select the button and click **Continue**
- ◆ Create your own username and password by filling out the Registration Form and then click **Continue**. You only need to register once.
- ◆ Or you can call one of our counselors who can mail the information to you.

800-252-4555