

**What do you need help with?  
Try your Employee Assistance  
Program. It's there to help you.  
Call toll-free: (866) 395-7794**



**Or log on to [www.cignabehavioral.com](http://www.cignabehavioral.com) and enter your Employer ID: *episcopal***

## **100 Reasons to call the Employee Assistance Program**

1. To access 10 free counseling sessions
2. For questions about my mental health
3. For a free 60 minute consultation for identity theft
4. For a free 30 minute legal consultation
5. I need help finding a kennel for my pet.
6. To get information about managing stress
7. I'm moving, and I need information about my new town.
8. I need to find a daycare facility for my child.
9. My grandparents are visiting, and I need to find some rentable medical equipment.
10. My daughter has allergies, and I need to find stores that carry wheat-free foods.
11. My veterinarian retired and I need to find a new one.
12. I need information about dealing with a moody teenager.
13. I think I got ripped off by a telemarketer. What can I do?
14. I think I am being harassed at work.
15. I need renter's insurance, and I don't know who to call.
16. How do I know if someone is abusing drugs? What do I look for?
17. How to find a drug treatment center
18. How to do an intervention for someone on drugs
19. How to find an Al-anon meeting
20. I need information about adoption.
21. I would like information about providing foster care.
22. I'm retiring, and I would like to find some support groups in my area.
23. My son was arrested for driving while intoxicated. How can I help him?

24. Our daughter is looking to hire a nanny. What should she ask during interviews?
25. I was diagnosed with high blood pressure and I need to decrease the salt in my diet. Can you help?
26. We're thinking of selling our house. How do we choose a realtor?
27. I need some tips for talking to my son about respecting his dates.
28. I need a support group for my sister who just found out that her daughter is gay.
29. I need help finding elder care for my mother who lives on the West Coast.
30. Are there any yoga classes in my area?
31. Where can I find information on healthy eating?
32. How do I help my son look for colleges?
33. How do I find a therapeutic boarding school for my daughter?
34. My child is being deployed for combat, and I need help to deal with this.
35. Where can I find a place that can test my son for ADHD?
36. I need information about finding a chiropractor.
37. I need help to stop smoking.
38. I think my child has an eating disorder.
39. Where can I find an assisted living facility for my grandmother?
40. How do I know if a nursing home is reputable?
41. Where can I find help for my son who is deaf?
42. My mother is having problems with her sight. Where can I find help?
43. Can you help me find a grief counselor?
44. Do you have information about autism?
45. I need to find a college that will work with kids who have learning disabilities.
46. How can I find assistance to help with college tuition?
47. I've started riding my bike again. Can you help me find bike paths in my area?
48. I lost my wallet. How can I protect myself?
49. I think my son-in-law is abusive. What are some signs I should look for?
50. My oldest daughter just lost her job. How can I be supportive?
51. I would like to start a book club. Can you give me ideas for how to do it?
52. How do I put together a budget? I've never done it before.

53. Will my living will and other papers be legal if I move to a different state?
54. I think my neighbor's child is being abused. What can I do?
55. I need a veterinarian oncologist. Can you help me find one?
56. I need more social outlets. What is available in my area?
57. I need assistance updating my resume. Can you help?
58. How can I judge if a children's daycare facility is safe and well-staffed?
59. School is back in session and I want to help my kids start the year with good homework habits.
60. What are some kid-friendly activities in my area?
61. My mother has Alzheimer's, and I need to know of any local resources.
62. Can you provide some questions I can use when interviewing a pediatrician?
63. My friend asked me to be the executor of her estate. What does that mean?
64. How do I report a stolen credit card?
65. Where can I find a health aide to help my mother in her home?
66. Do you have a list of activities to do with Alzheimer's patients?
67. How do I find a music therapist who works with kids?
68. Due to seizures, my adult son can't drive. How can I find rides for him?
69. How can I find a reputable audiologist?
70. Do I need travel insurance when I take a vacation, and what does it cover?
71. I'm taking a trip with my family, and I need information about traveling with kids.
72. Where can I find tools to help my child feel safe when flying alone?
73. Where can I find vacation ideas for my parents who are senior citizens?
74. Should I get pet insurance?
75. Can you provide me with a list of farmers' markets in my area?
76. I'm doing some home repairs. How can I find reliable contractors?
77. Where do I report someone who did not complete a job he was doing for me?
78. I lost my job and I need help to find another one.
79. I'm going through a divorce, and I need some support services for my children.
80. I think my child is chatting with inappropriate people online. I need help.
81. How can I block my computer from sites I don't want my kids to access?

82. Are there guidelines for protecting kids from internet sites?
83. My daughter's teacher is dying. How can I talk to my child about this?
84. I need to find an accountant who can handle clergy taxes.
85. I need to find a therapist for my daughter while she is away at college.
86. Our dog died. How can I help my son handle his grief?
87. I need to find a summer camp for my child.
88. What should I ask about when helping my parents choose a retirement facility?
89. My daughter dresses only in black. Should I be worried?
90. Where can I find a dog sitter?
91. I am going to be traveling for an extended period. How do I protect my home?
92. I feel like I'm in a rut. Am I depressed?
93. How can I help my son interact with his autistic cousin?
94. My dad is in hospice. How can I talk with him about his funeral?
95. Where can I find information about finding a funeral director and discussing available funeral-planning options?
96. We bought a home with a swimming pool. How can we make it child-safe?
97. Where can I donate all my parents furnishings? They're too good to throw away.
98. I'm pregnant. How do I find a midwife?
99. I am looking for an Episcopal retirement community. Can you help me?
100. Can you tell me where there are AA meetings in a town I will be visiting?

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