

On-Line EAP Library

Free and Confidential

Curious about something?

Struggling with a personal issue?

Not ready to see or talk with a counselor face to face?

Your EAP provider allows you free, confidential access to a wide array of content (articles, videos, self-assessments, and more) via the on-line EAP Library.



- ✓ **Addiction concerns**
- ✓ **Relationship issues**
- ✓ **Stress management / life balance**
- ✓ **Conflict resolution**
- ✓ **Parenting issues**
- ✓ **Financial help / concerns**
- ✓ **Plus many other topics**

- ◆ **Assessments**
- ◆ **Videos**
- ◆ **Quizzes**
- ◆ **Training courses**
- ◆ **Articles**
- ◆ **Calculators**
- ◆ **Legal forms**
- ◆ **and more**

Register online at www.hhhealthassociates.com

Click on **Participant Login - EAP/MAP/SAP Resources**

New users - click Register and use SMRLD as your Company Name

Create your unique username & password

Six Mile
Regional Library District

H&H
HEALTH ASSOCIATES®
30TH ANNIVERSARY

800.832.8302

For added support, simply call H&H Health Associates (M-F, 8:30am - 5pm (CST)).

Your Workplace Wellness & EAP Partner