



We're always  
here for YOU and  
your family



Responding to others day in and day out whether in routine or the toughest situations can take a toll on you and your entire family. Health Advocate offers connection to the right resources to take care of your everyday life issues, as well as counselors ready to support you anytime, anywhere. All to help you stay healthy and doing what you do best.



Connect you with **Financial and Legal specialists** for consultations on:

- Wills/trusts
- Tax issues
- Budgeting
- Finding community resources
- Retirement and college planning



**Emotional Support** from our counselors providing coping strategies to address:

- Stress, Anxiety, Depression
- Grief, Anger
- Substance Abuse
- Coworker issues



Find **Work/Life Resources** for family members:

- Special needs
- Schooling issues
- Pet sitters
- Childcare, after school and summer care
- Eldercare
- Relocation services



**Plus, online resources,** easily accessed

- Webinars on stress, mindfulness, goal setting, and more
- Articles on health and well-being
- Downloadable forms for taxes, wills, budgeting
- Loan calculators

Health Advocate provides in-the-moment telephonic support, face-to-face counseling and virtual counseling via chat, video, phone and text.



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**IAFF Health & Wellness Trust**

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