



## HOW CAN THE **EAP HELP YOU?**

Call the EAP for guidance and support managing work and life, including:

- support for stress, anxiety and depression
- marital and family issues
- quitting tobacco, alcohol or drug use
- achieving personal goals
- sorting through legal matters
- strengthening relationships
- financial stress
- improving communication skills
- finding care for a child or an aging loved one
- planning for life events such as marriage, divorce, illness or birth of a child

AMTRAK EMPLOYEE ASSISTANCE PROGRAM  
Call for confidential support or information  
any time, day or night.

**1-844-AMTRAK1 (844-268-7251)**  
[www.achievesolutions.net/AmtrakEAP](http://www.achievesolutions.net/AmtrakEAP)



### Privacy is a Priority

The EAP upholds strict confidentiality standards. Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

**1 (844) AMTRAK1 (1-844-268-7251)**

To access Achieve Solutions®, go to:  
[www.achievesolutions.net/AmtrakEAP](http://www.achievesolutions.net/AmtrakEAP)

*This brochure is for informational purposes only and does not guarantee eligibility for program services. ValueOptions® services do not replace regular medical care. In an emergency, seek help immediately.*

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# Amtrak Employee Assistance Program

Confidential support  
for work and life



## BENEFITS OF THE EAP INCLUDE:

### COUNSELING SERVICES

Talk one-on-one with an experienced, licensed counselor for support with stress management, strengthening relationships, work/life balance, grief and loss, and more. You can access a counselor face-to-face, online or by phone—whichever is most convenient for you. Work site support is also available through Amtrak's internal EAP. As with all EAP services, your conversation will be strictly confidential.

### LEGAL SERVICES

- divorce
- landlord and tenant issues
- real estate transactions
- wills and power of attorney
- civil lawsuits and contracts
- identity theft recovery

### FINANCIAL SERVICES

- saving for college
- debt consolidation
- mortgage issues
- estate planning
- general tax questions
- retirement planning
- family budgeting

### WORK/LIFE SERVICES

- **Care services:** adult care, caregiver support, child care, special needs care, summer camps, holiday child care and back-up care
- **Education services:** education resources including preschools, public and private schools, tutors and test preparation, financing, and continuing education
- **Growing family services:** information on parenting, adoption, pregnancy, nursing, returning to work and infertility
- **Convenience services:** help with consumer issues, emergency services, home maintenance and repair, pet care, relocation, community volunteering and more



**Life is busy.** When you need more resources to manage it all, our employee assistance program (EAP) professionals can help. The EAP understands that work on the railroad can be demanding. We provide information, guidance and support to help you and your family reach your personal and professional goals, manage daily stresses and develop fulfilling relationships.

#### The EAP is here to help

You don't have to handle your concerns on your own. It's OK to ask for assistance. In fact, seeking help early enables you to take immediate control of your situation and can prevent small issues from turning into big problems. EAP counselors are available 24 hours a day, 7 days a week. Whether your concern is big or small, don't hesitate to call.

### ONLINE RESOURCES

Visit the Achieve Solutions® website to access articles and tools such as videos, calculators and quizzes to help you improve your health and manage life events. You can also search for service providers in your area. The site is available in English and Spanish.

Topics include:

- financial, physical and emotional wellness
- veterans' resources
- time management strategies
- parenting resources
- weight management and smoking cessation
- conflict resolution
- stress management

### HOW THE EAP WORKS

- **Access is easy and there's no cost to you.** Whether the issue is large or small, simply go online or call 1-844-AMTRAK1 any time, day or night.
- **Staffed by professionals.** EAP professionals are highly trained and qualified. The information you receive is accurate, up to date and relevant to your particular circumstances.
- **Your call is private.** Your personal information is kept confidential in accordance with federal and state laws.
- **Your family is included.** EAP services are available to all Amtrak employees and their household members.

Call for confidential support or information any time, day or night.

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### AMTRAK EMPLOYEE ASSISTANCE PROGRAM

Resources, referral and support services for personal success:

- work/life balance
- fulfilling relationships
- achieving personal goals
- healthy living
- financial stability
- resilience
- managing life events
- recovery