

Your Employee Assistance Program



Free and confidential services for employees and adult household members.

Available 24/7:

My.KGALifeServices.com ■ Call: 800-648-9557 ■ Text: 508-231-5374 ■ App: KGA Mobile

	Experts	Examples (non-exhaustive)
Emotional Support Licensed counselors available for full range of emotional/mental health concerns.	• KGA Counselors • Network of Mental Health Professionals • Mental Health Peer Support Groups	• Alcohol & Drug Concerns • Anxiety & Depression • Stress • Family/Couples • Sleep Issues
Parenting Support for parenting challenges and childcare needs.	• Childcare Specialists • Early Childhood Development Specialist • Fertility Coach • Parent Coach • Parenting Peer Support Groups • Special Education Consultant	• Childcare Solutions • Summer Camps • Child Development • College Planning • Special Needs • Parent Coaching
Eldercare Assistance with elder caregiving issues.	• Eldercare Specialists	• Assisted Living Facilities • Caregiver Support • Hospice • Nursing Homes
Legal Consultants with an attorney for most legal issues.*	• National Network of Attorneys	• Divorce & Child Custody/Support • Estate Planning • Landlord Tenant Disputes • Wills & Trusts
Financial Expert guidance on financial matters.	• Certified Financial Planner • Certified Public Accountant • Financial Counselor	• Budgeting • Debt Management • Homebuying Information • Retirement Planning • Tax Planning
Work Assistance with work related stress, work/family integration, and career advancement.	• Counselor/Coach • Career Coach	• Interviewing Skills • Job Performance Concerns • Resume Review • Work-Life Integration • Work Stress
Convenience Services Assistance in finding services for common family and home needs.	• Work-Life Specialist	• Apartment & Housing Resources • Medical & Health Provider • Home Improvement & Maintenance • Pet Care
Wellness & Nutrition Support with wellness and nutrition issues.	• Registered Dietitian • Certified Lactation Consultant • Sleep Coach	• Healthy Eating • High Blood Pressure • Lactation • Weight Management

Offerings may change at KGA's discretion.

* KGA general legal disclaimer:

No service, including advice and consultations, will be provided for: 1) employment-related matters, including employee or statutory benefits; 2) matters involving the employer, KGA Inc. and affiliates; 3) appeals and class actions; 4) frivolous or unethical matters; 5) matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, he/she is doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.