



LIFESTYLE EAP
Wellness at Work

 **Cleveland Clinic**
Wellness

Ask a Question Feature

Ask a question about the services available to you through the Lifestyle EAP website! All inquiries are strictly confidential and will be answered in a timely manner by our credentialed professionals. Some of the topics include, but are not limited to:

- **Work/Life Balance**
- **Stress Management**
- **Financial**
- **Mental Health**
- **Family Issues**
- **Legal**
- **Substance Abuse**

ASK A QUESTION

SUBMIT

Ask a Question is for general information purposes. If this is an emergency, please call our 24-hour line at 800-989-3277 to speak to a licensed clinician, or call 911.

Lifestyle EAP Services are free, confidential & available to both employees and their family members.

Contact us today at **1-800-989-3277** or **www.lifestyleeap.com**