



CARE/Solutions for Life

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*Every day life hands us different challenges that may impact our relationships, family, work, finances or other important parts of our lives. They may be major life changes or just small inconveniences. Some are welcome changes, others are not. Whatever you're facing, The Home Depot understands that everyone needs a little help now and then.*

## 24/7 Help, No Cost to any Associate

The Home Depot offers a **free** EAP and Work/Life resource for all associates and their household members. Call the toll-free number, 1-800-553-3504, day or night, for a **confidential** talk with a trained, compassionate professional. CARE/Solutions for Life also offers:

## Legal and Financial Consultation

Call to be referred to a lawyer or financial expert. You'll receive an hour of **free** consultation which may answer all of your questions. If you need additional assistance you will receive a 25% discount.

## Life Event Resource & Referral

Services are designed to help you with child and elder care, adoption, education and many other concerns.

## Counseling

Up to three face-to-face **confidential** counseling sessions are available to assist you with personal, family or work challenges.

## Online Tools

View a wide variety of topics to help you achieve healthier results in your personal and work life including:

- Stress management
- Grief and loss
- Anxiety or depression
- Marital or relationship conflicts
- Financial hardships
- Family or parenting issues
- Self-screening for depression and alcohol

Whether you're looking for information or resources, or seeking confidential assistance, CARE/Solutions for Life can help.

Call **1-800-553-3504** or log on today at

**[www.CAREsolutionsforLife.com](http://www.CAREsolutionsforLife.com)**.

Remember change is a fact of life. CARE/Solutions for Life offers resources to increase your ability to bounce back from the ups and downs of life and prepare for the changes ahead.

