

University System of Georgia

Employee Assistance Program (EAP)

Free | Confidential | 24/7



Counseling Support for stress, marital and family problems, job-related concerns, life transitions, work-life challenges, emotional issues, and other concerns.

- **TalkNow**® provides immediate access to counselors for in-the-moment support.
- Up to **4 EAP counseling** sessions to help build coping skills and solutions.
- Telephonic, video, and in-person options available.



Tess is a supportive AI chatbot that's available 24/7, for unlimited conversations to help manage stress, increase self-awareness, build resilience, and discover helpful resources.



Legal assistance for issues such as divorce, family law, wills, identity theft, adoption, and more. Get a free 30-minute consultation and 25% discount off the mediator or attorney fees for services rendered beyond the EAP.



Financial consultation regarding debt matters, investment options, money management, taxes, and retirement planning.



Work-Life Specialists provide consultation, information, resources, and verified referrals for most all personal and family needs such as:

- Childcare
- Eldercare
- Adoption
- Academic
- Health & Wellness
- Relocation
- Daily Living
- Pet Care

University System of Georgia has partnered with Acentra Health to provide you and your eligible family members with immediate support to help improve your well-being.

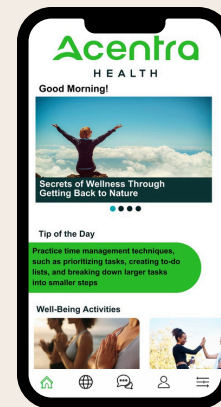
Website: USG.MyLifeExpert.com

Code: USGCares

Call: (844) 243-4440

Visit our website to view monthly webinars, take assessments and soft-skills trainings, locate local resources, access legal and financial worksheets, and more.

Download the mobile app to access digital resources at your fingertips.



Download Now



Tess: Chat with Tess by texting "Hi" to (442) 245-8065 or via the *Acentra Connect* app.

Chat live through the website to ask a question, request services, or receive immediate support.