



# YOUR EAP IN YOUR POCKET



A personalized experience available to you and your family.



Immediate, easy access to help and resources 24/7



**Video conference counseling available by request**

Sign into the app using your unique username and password:

**USERNAME:**

**PASSWORD:** perspectives



DISORDERLY NERVOUS DE  
TEMPER  
WORRY PTSD ANX  
FRUSTRATION  
WITHDRAWAL  
OVERWHELMED  
FATIGUE  
FAILURE  
NEGATIVE



# READY TO GET STARTED?

Download our Perspectives Spark app through the App Store or Google Play Store.

Once you have the app downloaded, you will be asked to enter your organization's unique username. You will also be asked to identify whether you are an employee, family member, spouse, student, etc. You will only be asked to do this once.

Access the Top 10 most searched articles, articles related to daily living, or contact a mental health professional for assistance on a variety of topic areas all through the app!



Your Work Life resources are also available online at [perspectivesltd.com](http://perspectivesltd.com).