



# Support for new parents

Becoming a new parent is a life-changing experience. It's joyful and exhausting. Parents need to learn how to deal with many new things such as welcoming a new child at home, choosing childcare and returning to work. Your program provides free, confidential benefits and resources to help new parents with a variety of problems.

## What can your program help with?

Identify the issues you need help with such as anxiety, stress, sleep deprivation, postpartum depression, etc.



Find childcare providers and guidance on topics such as transitioning to parenthood, the benefits of breastfeeding, choosing your child's medical provider and more.



Access discounts on everything from childcare to delivery services, groceries and more.



Guidance with financial issues, budgeting and planning for the future.



Help with estate planning such as wills and trusts or family law issues such as custody or child support.



Learn how to control anxiety, reduce stress, balance intense emotions and much more.



## What resources are available?

**Counseling:** Your program offers 8 visits per issue, per year. Counseling is available to you and your household members in-person, by text message, live chat, phone or video conference.

**Work-Life Web Services:** Webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges for parents.

**Discount center:** Hundreds of deals on nationally recognized, brand-name products and services.

**Financial wellness:** Meet with a Money Coach for 30 minutes up to three times per topic, per year.

**Legal services:** One free 60-minute consultation with an attorney and find out more about these issues on the member website.

**Digital emotional wellness tools:** Interactive, self-paced programs on dozens of life topics.

Help is available. Contact your Employee Assistance Program by phone at 1-800-424-4831 (TTY 711) or go online to [MagellanAscend.com](https://MagellanAscend.com) to get started.