



We're here to help you balance
life's challenges so you can
get back to celebrating your
everyday successes.

BOBCAT BALANCE

*Your Work Life and Employee
Assistance Program*

Call toll-free at 855.884.7224

www.worklife.txstate.edu

User name: txstate | Password: txstate

TEXAS  STATE
UNIVERSITY

The rising STAR of Texas

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM
Texas State University is a tobacco-free campus.

TEXAS  STATE
HUMAN RESOURCES

601 University Drive
San Marcos, TX 78666

www.worklife.txstate.edu

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Bobcat Balance provides real solutions for real life.

At times, life can be challenging and each of us could use a little extra help staying on top of the demands of work, family, finances and child/elder care. For those times, Bobcat Balance can help you.

ACCESSING YOUR SERVICES

Accessing your services through Bobcat Balance is easy, confidential and free.

All faculty, staff and graduate student employees in benefits-eligible positions, along with members of their households, are eligible to use the program.

Whether you need an appointment with a counselor, a legal referral, or want to take advantage of Work Life services, call Bobcat Balance at **855.884.7224**.

You can also access proprietary databases to search resources; access legal and financial forms; and locate informative articles through the online services of the Bobcat Balance website at **www.worklife.txstate.edu**.

COUNSELING

Receive up to **five free counseling sessions** per problem per year.

- Parenting and family concerns
- Stress, anxiety and depression
- Grief or bereavement
- Anger management
- Drug and alcohol problems
- Relationship and marital issues
- Change and life transitions
- Work conflicts

ELDER CARE

- Adult day care
- Assisted living
- Medicare and Medicaid
- Caregiver support
- In-home services

CHILD CARE

- Childcare centers, summer camps, and afterschool programs
- How to prepare for college
- Adoption resource links

LEGAL

- Simple will and online legal forms
- Divorce and family matters
- Estate planning
- Bankruptcy

FINANCIAL

- Credit counseling
- Debt consolidation and budgeting assistance
- Tax planning
- Retirement planning
- College tuition planning

IDENTITY THEFT

- Identity theft education and recovery assistance

WELLNESS

- Smoking cessation
- Weight loss
- Specific chronic disease information
- Health and mental health videos
- Articles, assessments, diet and fitness tools

HOUSEHOLD

- Air conditioning
- Cleaning services
- Electrical and flooring
- Landscaping, painting and plumbing
- Home security systems

PETS

- Pet search for sitters/boarding
- Veterinarians
- Pet insurance
- Grooming

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