



# FEELING THE MONEY PINCH?



Contact your EAP for  
confidential counseling and  
assistance any time!

**Let ValueOptions® help.** Worries about your bank account can affect your health and interfere with your daily life. Your employee assistance program (EAP) can help you manage stress and anxiety due to:

- Student loans
- Housing costs
- Car payments
- Credit card debt
- Health care costs
- Dwindling retirement accounts
- Budgeting problems
- Reductions in income

EAP counselors can help you come up with a plan of action to put you back in control. Your EAP can also refer you to additional resources that can help you with financial planning and budgeting.

1-800-XXX-XXXX | [www.achievesolutions.net/xxxx](http://www.achievesolutions.net/xxxx)