



LIFE MOVING TOO FAST?



Contact your EAP for
confidential counseling and
assistance any time!

Don't let stress take over your life. Turn to your employee assistance program (EAP) for help. Professionals are available to help you better manage your stress and address issues such as:

- Depression
- Relationship concerns
- Child and elder care issues
- Workplace concerns
- Legal matters
- Financial issues
- Alcohol and substance abuse
- Health problems
- Defining goals
- Life planning
- School stress/support

1-800-XXX-XXXX | www.achievesolutions.net/xxxx