



NEED A HELPING HAND?



Contact your EAP for
confidential counseling and
assistance any time!

Everyone needs a little help sometimes. Experienced employee assistance professionals are available 24 hours a day, 7 days a week to help you work through any concerns. Your EAP can assist with:

- Stress or anxiety
- Depression
- Workplace matters
- Adult/child care
- Building better relationships
- Legal/financial help
- Substance abuse
- Work/life balance
- Setting lifetime goals
- Creating a healthy lifestyle

All phone calls are confidential.

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