



# NEED A LITTLE GUIDANCE?



Your EAP can help with:

- Emotional distress
- Stress
- Workplace concerns
- Anxiety
- Short-term counseling
- Managing a chronic illness
- Depression
- Legal and financial concerns

Contact your EAP for confidential counseling and assistance any time!

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