



SPEAK UP TO STOP BULLYING



Bullying can happen in person, online, at work or at school and it can take many forms, such as:

- hitting
- teasing
- intimidation
- name calling
- racial harassment
- excluding others

Wherever it happens, it's **NEVER OK.**

If you are the target of a bully, or you know someone who is being bullied, your employee assistance program can help you. Call the toll-free number to speak with an EAP professional. A counselor will work with you to seek relief and help resolve the problem.

Contact your EAP for confidential counseling and assistance any time!

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