



TOO MUCH TO DO, TOO LITTLE TIME?



Sometimes everyday issues are the hardest to manage. When you feel overwhelmed, your employee assistance program (EAP) can help. Professionals are available to help you cope with issues that affect your work and personal life, such as:

Contact your EAP for
confidential counseling and
assistance any time!

- Stress or anxiety
- Depression
- Relationship/family concerns
- Child care issues
- Workplace concerns
- Legal and financial issues
- Alcohol and substance abuse
- Health issues
- Defining goals
- Life planning
- School stress/support