

# Employee Assistance Program

**This is your place to find tools to support your mental, emotional, physical and financial well-being.**

## **Employee Assistance:**

- ✓ Stress, anxiety, depression
- ✓ Relationship, family, parenting issues
- ✓ Substance abuse
- ✓ Anger, grief, loss
- ✓ Life transitions
- ✓ Referrals for additional treatment

## **Work/Life Assistance:**

- ✓ Child care resources
- ✓ Elder care resources
- ✓ Financial or legal issues
- ✓ Relocation support
- ✓ Short-term confidential counseling from Licensed Professional Counselors

**Experiencing a Crisis/Emergency NOW?**

**Emergency Help is Available 24/7**



**CALL: 1-888-293-6948**

