



Getting Help - The EAP Way

We all experience ups and downs in life. It is impossible to avoid stress and family challenges in today's world. Sometimes things happen to us through no fault of our own.

Solutions EAP is a good way to get help. The EAP Counselor will help you define the issues, sort things out and develop a plan of action. This is the heart of what EAP does, helping you get in control of the situation so that it is more manageable. In some cases, the EAP will refer you to an ongoing or specialized resource. If so, referrals are usually made within your medical insurance plan to help offset costs.

Solutions EAP Helps With All Types of Problems, Small or Large

- *Stress, Anxiety & Depression*
- *Marital, Divorce & Relationships*
- *Family and Parenting Concerns*
- *Alcohol & Other Drug Dependencies*
 - *Budget and Debt Problems*
- *Bereavement and other Losses*
 - *Eldercare*
 - *Gambling*
 - *Work Stress*

EAP Is Confidential, Free & Convenient To Use

- No one will know you have used the EAP, names are not reported to your employer.
 - There is no cost to see the EAP Counselor.
 - Many convenient locations are available statewide.

Call 1-800-526-3485 for a private appointment.

Asking For Help Is A Sign of Courage... Not Weakness.