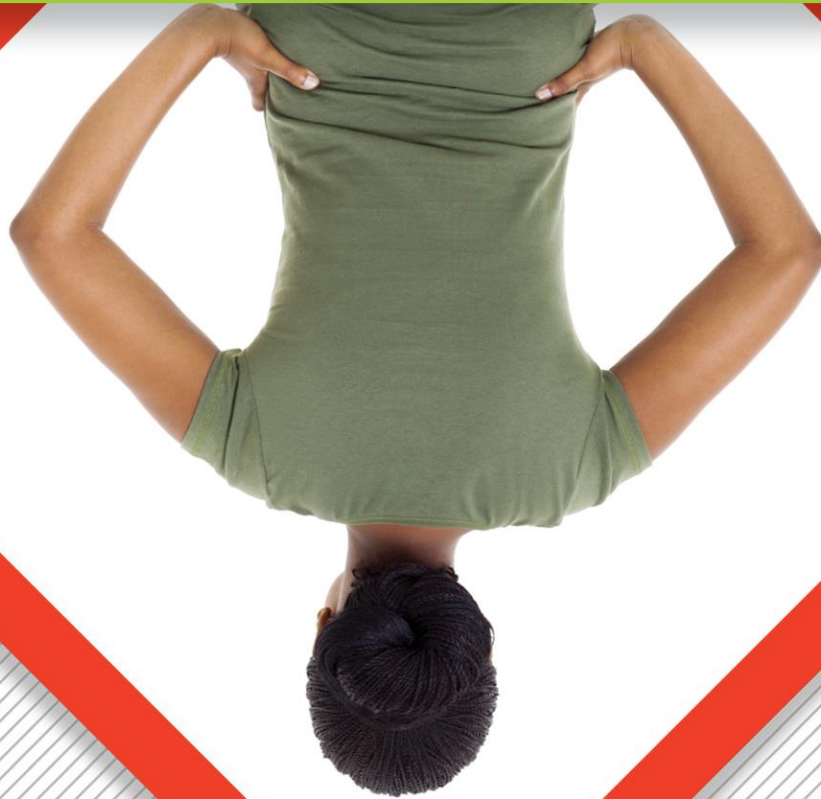


Sometimes Your World Feels Upside Down

WE OFFER SUPPORT FOR YOUR EVERY DIRECTION



EMPLOYEE
ASSISTANCE
PROGRAM

Your employer provides you and your family with an Employee Assistance Program that can help you turn it around. You have free, confidential access to licensed counselors as well as online resources to assist you with this and other topics:

- Family concerns and issues
- Relationship matters
- Work and career growth
- Mental Health and well-being
- Child care, elder care, and family support
- Referrals to providers, specialists, and resources to meet specific work, life, or caregiving needs

CALL toll-free to schedule an appointment with an EAC counselor
TOLL-FREE: **800-227-0905**

LOG ON to the work/life website to access articles, tips, links, and tools.
www.eacworklife.com

USERNAME:

E-MAIL the service to request assistance.
employeeassistancecenter@eaccare.com

ASK your HR or benefits manager about additional programs available to you and your family.