


Stretched Too Thin?



Sometimes it feels like there's just not enough time in a day to get everything done. When you feel overwhelmed, call your employee assistance program (EAP) for help. Professionals are available to address your concerns, such as:

- stress or anxiety
- depression
- relationship and family concerns
- child care issues
- workplace concerns
- legal matters
- financial issues
- substance abuse
- health issues
- defining goals
- life planning
- school stress/support

Your EAP is a confidential service available to you 24 hours a day, seven days a week.