

Too Much to Do, Too Little Time?

**Burned
out**



Sometimes the everyday issues are 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:

- stress or anxiety
- depression
- relationship and family concerns
- child care issues
- workplace concerns
- legal and financial issues
- alcohol and 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.

