

# Whatever you're going through, we're here to help.

Everyone has times when life is overwhelming. Transitions, parenting, work, marriage, health and finances can be a lot to bear from day-to-day. This constant stress can affect your physical and mental health, making it hard to operate at your best. That's where the advice, support and resources from an expert can help.

Around-the-clock support through **message, chat, phone and video** makes anytime the perfect time to reach out.

**Call** 800-327-4968 (800-EAP-4YOU) | **Receive** email with link to register

**Complete** registration and connect with a licensed counselor | **Download** app and start counseling

Online counseling is just one more service your EAP offers to make accessing support even easier. Give us a call today to learn more.