

# 20 ways to use your Employee Assistance Program (EAP)



You've got a lot on your plate. Sometimes it can feel like you have to do it all, all by yourself. But you're not alone.

**We're here for small issues, big problems and everything in between. Check out this list of reasons people often contact us.**

We can help you and your family members with:

- |                                       |                                         |                                      |
|---------------------------------------|-----------------------------------------|--------------------------------------|
| 1. Managing stress                    | 8. Managing anger                       | 15. Caring for aging family members  |
| 2. Parenting                          | 9. Being assertive                      | 16. Meeting your goals               |
| 3. Building closer relationships      | 10. Recognizing drug and alcohol issues | 17. Improving your happiness         |
| 4. Coping with anxiety and depression | 11. Coping with substance misuse        | 18. Managing your financial stress   |
| 5. Dealing with illness               | 12. Balancing life and work             | 19. Getting out of your comfort zone |
| 6. Communicating with others          | 13. Feeling overwhelmed                 | 20. Getting the life you want        |
| 7. Growing your confidence            | 14. Grieving a loss                     |                                      |

You can call us for free assistance 24/7/365.



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