

YOUR EMPLOYEE ASSISTANCE PROGRAM

SUPPORT DURING TIMES OF UNREST

The recent news has been full of tragic events occurring in Las Vegas, Puerto Rico, Mexico, Houston and beyond.

Whether you have been directly involved or are watching events from afar, it is common to experience strong emotional reactions regardless.

National EAP encourages you to take extra care of yourself and your family as a response. Limiting your media exposure can be very beneficial, especially if you increase restful or outdoor activities, reconnecting with the people and things that are important to you.

And remember, an EAP counselor is just a phone call away for emotional support.

***Your Employee Assistance
Program is available
24/7/365 to assist you!***

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: 1.800.624.2593

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