



## Life's stresses aren't a game Real solutions are close at hand

Your work-life balance employee assistance program (EAP) gives you personal, confidential\* advice

**This service is available at no additional cost and offers information and support for issues such as:**

- Dealing with anxiety
- Finding child and elder care providers
- Managing work and personal relationships
- Finding legal resources and referrals
- Coaching and time management for managers
- Creating a budget



**Help is only a call away.**

Your work-life balance EAP phone number and online access information can be found on the wallet card provided by your HR department.