

# Personnel Bulletin

## Why should I use our Employee Assistance Program?



**Sometimes life throws you more than you can handle. At those times, it may help to talk to an objective person who will work with you in a confidential manner. This person can help you examine your point of view and work with you toward positive problem solving. To contact your EAP call: 1-800- 962-7487.**

**The EAP is a confidential service available to all employees who feel they need help with problems or concerns they may have on or off the job. This includes issues concerning:**

**Being a parent**

**Alcohol/drug problems**

**Depression**

**Managing stress**

**Health issues**

**Financial difficulties**

**Legal problems**

**Personal loss**

**Other life stressors**

**Relationships with significant others**

**With EAP, getting help is as easy as making a toll-free phone call. It is completely confidential and it is free.**



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