

# YOU ARE NOT ALONE.


## EMPLOYEE ASSISTANCE PROGRAM


Are you having trouble sleeping? Feeling worried, stressed and anxious? COVID-19 has had a significant impact on our lives. **But you don't need to go it alone.** You have access to confidential, experienced clinicians and professional staff 24/7 through the **Employee Assistance Program (EAP)**.

### WHAT'S IN IT FOR YOU?

 Unlimited, **FREE**, 24/7 telephonic access to EAP professionals

 Unlimited, **FREE**, 24/7 online access to EAP resources

 Available to any member of your family


 Available to you regardless of whether or not you are enrolled in the medical plan

### TOPICS OF CONVERSATION

 Emotional Well-being

 Stress, Anxiety & Depression

 Legal & Financial Matters

 Dependent & Elder Care Resources

 Ways to Manage Stress

### IF YOU NEED HELP

- Provider:
- Phone:
- Website:

*Benefit options provided by:*

**TRUENORTH**  
Insurance and Financial Strategies