



Nurturing Healthy Relationships

Strengthen your support system by cultivating healthy interactions with family, friends, or colleagues.

The Employee Assistance Program (EAP) is available any time to help you develop solid foundations in your relationships.

After all, better relationships lead to better emotional wellness. Plant the seeds for your healthier relationships and watch them blossom.

Contact your EAP today for confidential advice on connecting meaningfully with others through:

- **In person, short-term counseling** from licensed EAP counselors.
- **Online information and interactive tools** on topics such as: parenting, family issues, dating and divorce, emotional concerns, coping with stress and anxiety, and overcoming depression.

Employee Assistance Program
24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com



Services are offered as a **FREE** benefit to you and your family members, and are confidential within the limits of the law.