

Smart Start

Make your child's first day at school the best day it can be.

The start of a new school year can make children of any age feel uneasy. But, you can help your son or daughter begin the year on the right foot. Listen to what he or she may be feeling and be sure to offer your support and affection.

Your Employee Assistance Program (EAP) can help children and parents alike prepare for a stress-free school year through:

- In person, short-term counseling from licensed counselors.
- Online information and interactive tools on coping with stress and anxiety, dealing with change, parenting, depression, and more.



EMPLOYEE ASSISTANCE PROGRAM

24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com



PSC



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Services are offered as a **FREE** benefit from your agency, available to you and your family members, and are confidential.