

BE IN THE MOMENT

THE VALUE OF MINDFULNESS

The Employee
Assistance Program
can help support you
in your quest to bring
more mindfulness
into your life.

EMPLOYEE ASSISTANCE PROGRAM

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com

24

HOURS A DAY



PSC

EAP

Services are confidential and offered to you and your family members as a FREE agency-paid benefit.