



Stand Up to Bullying

Bullies can appear in virtually any social setting—at school, at work, and even online. Wherever bullying happens, its effect on victims can be severe and long-lasting. So it's important to learn how to be assertive and take steps to stop bullying abuse.

Access your program for helpful information about how to combat and recover from bullying.



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com