



Better Relationships, Better Health

Take time to nurture your most meaningful relationships this holiday season. The Employee Assistance Program (EAP) can help you deal with the stress that may be keeping you from coming together with family and friends. And, it's never too late to start new relationships or rekindle old ones.

Contact your EAP for confidential advice on making your relationships better than ever so you can stay happy, stress-free, and healthy. EAP offers:

- **In person, short-term counseling** from licensed counselors.
- **Online information and interactive tools** on topics such as family/relationship issues, stress and coping, personal and emotional difficulties, workplace concerns, living a healthy lifestyle and more.

Employee Assistance Program
24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com



PSC

EAP
We care, just call.

**FEDERAL
OCCUPATIONAL
HEALTH**

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