



Have a Plan for Managing Stress

Stress from busy schedules, work and family life always seems present. You can adopt simple, everyday techniques that can help you manage stress amidst your everyday life.

Call your toll-free number or visit us online for practical stress management tips and resources.



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com