



# / Life Moving Too Fast?

Contact your EAP for confidential counseling and assistance any time!



**beacon**  
health options

**1-800-XXX-XXXX**

**[www.achievesolutions.net/  
clientnamehere](http://www.achievesolutions.net/clientnamehere)**

**Don't let stress take over your life.** Turn to your employee assistance program (EAP) for help. Professionals are available to help you better manage your stress and address issues such as:

- Depression
- Relationship concerns
- Child and elder care issues
- Workplace concerns
- Legal matters
- Financial issues
- Alcohol and substance use
- Health problems
- Defining goals
- Life planning
- School stress/support