



/ Need A Helping Hand?

Contact your EAP for confidential counseling and assistance any time!



1-800-XXX-XXXX

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

Everyone needs a little help sometimes. Experienced employee assistance professionals are available 24 hours a day, 7 days a week to help you work through any concerns. Your EAP can assist with:

- Stress or anxiety
- Depression
- Workplace matters
- Adult/child care
- Building better relationships
- Legal/financial help
- Substance use
- Work/life balance
- Setting lifetime goals
- Creating a healthy lifestyle

All phone calls are confidential.