



# Holiday Stress Getting to You?

Your Health Advocate EAP+Work/Life Benefit Can Help!

The expenses, feasting, and social expectations can trigger overeating, depression, financial stress, substance abuse, gambling and more. We can help you find balance.

## Employee Assistance Program (EAP)

Talk to a Licensed Professional Counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help. Our counselors can address:

- Stress, depression, anxiety
- Marital relationships, family/parenting issues
- Work conflicts
- Anger, grief and loss
- Drug and alcohol abuse

## Work/Life

Our Work/Life specialists find supportive services, check availability and make the referrals to help with:

- Eldercare, childcare
- Legal concerns
- Financial issues
- Time management
- Parenting, adoption
- ...and more

The confidential EAP+Work/Life program is provided by your employer or plan sponsor. In a crisis, help is available 24/7.



**877.240.6863**

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