

It's OK to not be OK.

It's OK to get help.

Employee Assistance Program (EAP) can help with:

- Job stress
- Depression or anxiety
- Family or marital conflicts
- Alcohol or drug abuse
- Grief and loss
- Parenting issues
- Financial problems

Precedence, Inc.



Get help with stress, anxiety, or depression through your employee assistance program, or EAP.

Free. Confidential.
No referral needed.

Individual, family and couples counseling sessions available.

(800) 383-7900



If you are in crisis:
Contact **988** Suicide & Crisis Lifeline
24/7 Call, Text, Chat

EAP is a benefit paid for by your employer and does not replace one's current behavioral health medical benefit plan or procedures. EAP counselors are subject to federal confidentiality laws.

It's OK to not be OK.

It's OK to get help.

Employee Assistance Program (EAP) can help with:

- Job stress
- Depression or anxiety
- Family or marital conflicts
- Alcohol or drug abuse
- Grief and loss
- Parenting issues
- Financial problems

Precedence, Inc.



Get help with stress, anxiety, or depression through your employee assistance program, or EAP.

Free. Confidential.
No referral needed.

Individual, family and couples counseling sessions available.

(800) 383-7900



If you are in crisis:
Contact **988** Suicide & Crisis Lifeline
24/7 Call, Text, Chat

EAP is a benefit paid for by your employer and does not replace one's current behavioral health medical benefit plan or procedures. EAP counselors are subject to federal confidentiality laws.

It's OK to not be OK.

It's OK to get help.

Employee Assistance Program (EAP) can help with:

- Job stress
- Depression or anxiety
- Family or marital conflicts
- Alcohol or drug abuse
- Grief and loss
- Parenting issues
- Financial problems

Precedence, Inc.



Get help with stress, anxiety, or depression through your employee assistance program, or EAP.

Free. Confidential.
No referral needed.

Individual, family and couples counseling sessions available.

(800) 383-7900



If you are in crisis:
Contact **988** Suicide & Crisis Lifeline
24/7 Call, Text, Chat

EAP is a benefit paid for by your employer and does not replace one's current behavioral health medical benefit plan or procedures. EAP counselors are subject to federal confidentiality laws.

It's OK to not be OK.

It's OK to get help.

Employee Assistance Program (EAP) can help with:

- Job stress
- Depression or anxiety
- Family or marital conflicts
- Alcohol or drug abuse
- Grief and loss
- Parenting issues
- Financial problems

Precedence, Inc.



Get help with stress, anxiety, or depression through your employee assistance program, or EAP.

Free. Confidential.
No referral needed.

Individual, family and couples counseling sessions available.

(800) 383-7900



If you are in crisis:
Contact **988** Suicide & Crisis Lifeline
24/7 Call, Text, Chat

EAP is a benefit paid for by your employer and does not replace one's current behavioral health medical benefit plan or procedures. EAP counselors are subject to federal confidentiality laws.