



EMPLOYEE ASSISTANCE PROGRAM

# HealthJoy EAP is here to help you and your family.

At some point in our lives, we can all use some help. HealthJoy EAP is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work.

ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS

## Expert referrals and consultations

Whether you are a new parent, a caregiver, selling your home, or looking for legal advice, you're likely to need guidance and referrals to expert resources.

- ▶ **LEGAL ASSIST** - Free phone or in-person legal consultation
- ▶ **FINANCIAL ASSIST** - Expert financial planning and consultation
- ▶ **FAMILY ASSIST** - Consultation and Referrals for Everyday Issues, Such as Dependent Care, Auto Repair, Pet Care and Home Improvement



## Contact us today

PHONE 1-888-731-3EAP (3327)  
WEB EAP.HEALTHJOY.COM

**Confidential support 24 hours a day, 365 days a year.**