

NO COST • VOLUNTARY • CONFIDENTIAL



Do you struggle with...

Alcohol and Drug Issues **Depression** Anxiety & Panic Internet Addiction
 Gambling **Addictions** Career Decisions Work/Life Balance **Workplace**
Issues Legal Referrals **Anger Management Skills** Financial Stress Conflict
Relationship Issues Blended Families Divorce/Separation **Family Stress**
 Adolescent Issues **Parenting Challenges** Eldercare **Grief & Loss** Domestic
 Violence **Physical & Sexual Abuse** Communication Barriers Life Changes
 Health & Wellness **Stress Management**

HelpPeople EAP offers assistance to employees and immediate family members for today's problems. From face-to-face counseling and consulting sessions to telehealth options, customized referrals, supervisor and wellness training and 24-hour crisis support, HelpPeople is available to help you.

Our dedicated professional counselors are here for you.