



*Stressed out?  
Stop suffering!*

**Relief is just  
a phone call away**

## Stress Relief Program

We all cope with stress at some point and often it passes quickly. But other times, life's challenges can result in ongoing stress which interferes with sleep, work, and general enjoyment of life. When stress continues without relief, it can even trigger serious health problems.

**If you are plagued with stress, don't suffer any longer. Your Employee Assistance Program has introduced a new Stress Relief Program designed to identify the sources of stress in your life and to provide sound direction to reduce your overall stress level. Best of all, as an EAP benefit, there is no charge to you.**

**[www.theEAP.com](http://www.theEAP.com)**

*To access the Stress Relief Program, follow these simple steps:*

1. Call the EAP between 9 am and 5 pm Eastern Standard Time on any weekday at 800-252-4555 or 1- 800-225-2527.  
*(While most EAP services are available 24/7, trained stress counselors are only available during certain hours.)*
2. Ask to speak to a Stress Relief Counselor.
3. The Stress Relief Counselor is a trained clinician who will conduct an assessment of the underlying stress factors in your life.
4. After completing the assessment, the counselor will work with you to develop customized strategies designed to relieve your stress. The counselor will also direct you to information that will help you work on reducing stress over the long term.

**It's that simple.**

Call today to get relief - simply dial:

**1-800-252-4555 or 1-800-225-2527**

on any weekday between 9 am and 5 pm EST and ask to speak with a Stress Relief Counselor.