

# / Life Moving Too Fast?

Contact your EAP for confidential counseling and assistance any time!



**1-800-435-1986**

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

**Don't let stress take over your life.** Turn to your Employee Assistance Program (EAP) for help. Professionals are available to help you better manage your stress and address issues such as:

- Depression
- Relationship concerns
- Child and elder care issues
- Workplace concerns
- Legal matters
- Financial issues
- Alcohol and substance use
- Health problems
- Defining goals
- Life planning
- School stress/support