## **Employee Assistance Program**



Employee Assistance Program services are available 24/7/365 to all Civilian Employees and their families.

## **OUR SERVICES CAN PROVIDE HELP WITH:**

- \* Emotional Health
- \* Family and Relationship Challenges
- \* Alcohol and Substance Abuse Resources and Support
- \* Financial and Legal Consult
- \* Job Concerns
- \* Work-Life Balance
  - Child and Elder Care Resources
  - Health and Wellness
  - Education
  - Home Improvement
  - Emergency Preparedness
  - Travel
- \* And So Much More...





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