



/ Feeling Stressed?

Contact your EAP for confidential counseling and assistance any time!



877-233-0976

www.achievesolutions.net/jhp

When the everyday pressures of life start to feel overwhelming, your Employee Assistance Program (EAP) can help. Your EAP can assist with:

- Depression
- Substance use
- Workplace concerns
- Relationship/family issues
- Stress or anxiety
- Health issues
- Legal/financial help

Professionals are available to help you address personal issues that affect your family, work or other life concerns. Your EAP is a confidential service available at no cost to you. You can call 24 hours a day, 7 days a week.