



# / Feeling the Money Pinch?

Contact your EAP for confidential counseling and assistance any time!



**877-233-0976**

**[www.achievesolutions.net/jhp](http://www.achievesolutions.net/jhp)**

**Let Beacon help.** Worries about your bank account can affect your health and interfere with your daily life. Your Employee Assistance Program (EAP) can help you manage stress and anxiety due to:

- Student loans
- Housing costs
- Car payments
- Credit card debt
- Health care costs
- Dwindling retirement accounts
- Budgeting problems
- Reductions in income

EAP counselors can help you come up with a plan of action to put you back in control. Your EAP can also refer you to additional resources that can help you with financial planning and budgeting.