



# / Need a Little Guidance?

Contact your EAP for confidential counseling and assistance any time!



**877-233-0976**

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

Your Employee Assistance Program (EAP) can help with:

- Emotional distress
- Stress
- Workplace concerns
- Managing a chronic illness
- Short-term counseling
- Anxiety
- Depression
- Legal and financial concerns