

20 ways to use your Employee Assistance Program (EAP)



You've got a lot on your plate. Sometimes it can feel like you have to do it all, all by yourself. But you're not alone.

We're here for small issues, big problems and everything in between. Check out this list of reasons people often contact us.

We can help you and your family members with:

- | | | |
|---------------------------------------|---|--------------------------------------|
| 1. Managing stress | 8. Managing anger | 15. Caring for aging family members |
| 2. Parenting | 9. Being assertive | 16. Meeting your goals |
| 3. Building closer relationships | 10. Recognizing drug and alcohol issues | 17. Improving your happiness |
| 4. Coping with anxiety and depression | 11. Coping with substance misuse | 18. Managing your financial stress |
| 5. Dealing with illness | 12. Balancing life and work | 19. Getting out of your comfort zone |
| 6. Communicating with others | 13. Feeling overwhelmed | 20. Getting the life you want |
| 7. Growing your confidence | 14. Grieving a loss | |

You can call us for free assistance 24/7/365.



For legal disclaimers, visit [rfl.com/Disclaimers](https://www.rfl.com/Disclaimers).

©2024 Resources for Living
3263550-01-02-RFL (6/24)
RFL-COM-Dist

Resources *for* Living®