



## EMPLOYEE ASSISTANCE PROGRAM (EAP)

Guidance Consultants Are Available 24/7 to provide a free confidential assessment and referral.

**Call: (628) 652-4600**

### Services Include:

- Short-term solution-focused counseling for individuals and couples
- Consultation for individuals
- Critical incident response
- Workshops and trainings

Your mental health is as important as your physical health.

If you think you need help, call: (628) 652-4600

WE'RE HERE *For You*