

# EMPLOYEE ASSISTANCE PROGRAM

WE'RE HERE *For You*

A *Quick* Tip for  
Instant Stress Relief:

Do a one minute  
mediation.

Take 5 deep breaths.  
*Inhale 1, 2, 3, 4...*  
*Exhale 1, 2, 3, 4...*

*Repeat as needed.*

Call EAP for Tele-Counseling:  
(628) 652-4600

Check out our website for  
resources and operational  
updates: [sfhss.org/eap](https://sfhss.org/eap)

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

Better Every Day.



*Breathe*

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