



**TURN TO YOUR EAP
FOR SUPPORT THIS
HOLIDAY SEASON**

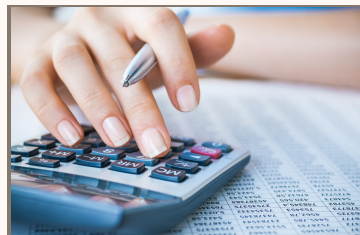
EMOTIONAL



Many people feel a range of emotions around the holidays: joy, sadness, gratitude, grief, loneliness, and even dread. Our counselors are here to help.

- 24/7 in-the-moment support via the Helpline and iConnectYou app (call, text, IM, video)
- Counseling
- Referrals to support groups

FINANCIAL



The additional financial pressures during this time of year can cause worry and stress. The EAP offers financial resources that can help.

- Free telephonic financial consultation with an Accredited Financial Counselor
- Budgeting tools and tips
- Online Savings Center

SUBSTANCE USE



Some people may turn to alcohol, tobacco, or other drugs to make it through the stressors of the holiday season. The EAP can provide support for those struggling with excessive substance use and addiction.

- 24/7 in-the-moment support
- Referrals to support groups & treatment facilities