

Just a call or a click away, we can help you find information and resources on issues including:

- Stress
- Family/parenting issues
- Anxiety/depression
- Anger management
- Alcohol/substance misuse problems
- Marital/relationship issues

Confidential services available
24 hours a day, 7 days a week.

Resources *for* Living

Know the Five Signs



not feeling
like u?



feeling
agitated?



r u
withdrawn?



care 4
yourself?



feeling
hopeless?

#ChangeMentalHealth

changedirection.org



the campaign to

changedirection

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.

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