

Solutions Employee Assistance Program

Does the term “new year, new you” make you feel anxious and unprepared to start 2024 off on a good note? Reach out to your EAP to get the ball rolling in the right direction!



**Call 1-800-526-3485 for information
and a confidential appointment.**



Solutions EAP provides *free, short-term, and confidential* counseling for employees and their families.

1-800-526-3485
www.solutions-eap.com