

# Silence isn't always golden when it comes to your mental health.

Reaching out for support can feel like a daunting task, but you don't need to struggle alone.

**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.



[800-526-3485](tel:800-526-3485)



<http://www.solutions-eap.com>



[info@solutions-eap.com](mailto:info@solutions-eap.com)