

G R A T E F U L

to be

CONNECTED



Social connection isn't just a feel-good concept but a vital part of our mental and emotional wellbeing.

Connection is a strength, not a burden.

Whether you're feeling overwhelmed, lonely, or just need someone to talk to, reaching out is a powerful step toward feeling better.

EAP is here to help you reconnect with yourself and others.
For more information on our services or to get set up with a counselor, reach out to us at 1-800-526-3485



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>



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