

End-of-Year Overload? We've Got You.



The season of celebration can also be the season of stress.

Between wrapping up the year, managing expectations, and juggling personal and professional demands, it's easy to feel overwhelmed.

You don't have to handle it alone. End the year with support, start the next with strength.

For more information on our services or to get set up with an appointment 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.