



CENTERSTONE SOLUTIONS



Employee Assistance Program

When life throws you challenges, you don't have to deal with them alone

Finding Solutions to Life's Challenges

Balancing the demands of work and home can be challenging. Sometimes additional support is needed to help us meet our personal and professional goals.

Taking a Proactive & Preventative Approach

When you don't feel like you are functioning at your best or just don't feel like yourself, the EAP can help you identify and address concerns to help improve your overall health and well-being.

Contacting the EAP is a Positive First Step

Utilizing the EAP is time for you to focus on your needs and goals. Common reasons people call include:

- Stress
- Anxiety
- Depression
- Workplace concerns
- Loss/grief
- Relational (couples, families)
- Child /adolescent
- Substance use
- Finding a balance
- Reaching a goal, and other stressors (health/financial/legal)

Your EAP

As a valued employee, your well-being is important. The EAP is available to employees and their household members to develop strategies that will have the biggest impact in the shortest amount of time. The EAP is a confidential service offered to you at no cost.

Learn More



800-766-0068



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**We can help you meet your
personal and professional goals!**