**Protect Your Mental Health with an EAP**

**Tags and Teasers**

**Article:**

Hitting a rough patch at work or home? You don't have to go through it alone. Your company's Employee Assistance Program (EAP) is a confidential resource available to help you with a variety of challenges. Check out our latest blog post for details on what the EAP offers.

**Videos:**Feeling stressed? Dealing with a relationship issue? Need help finding childcare? The Employee Assistance Program (EAP) has got your back. They offer confidential guidance, resources, and support to get you back on track. Your well—being is important, so watch our latest video to learn more about what an EAP is and how it can help you.

**Infographic:** There are times when you’re not feeling your best, even if you aren’t sick—and you may need support. If you’re struggling with work-related stress or personal challenges and want someone to talk to, an Employee Assistance Program (EAP) can be a valuable resource.

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