

EMPLOYEE ASSISTANCE PROGRAM

IS WORKPLACE
STRESS GETTING
YOU DOWN?

Call EAP for effective
ways to manage stress
at work and home.



1-866-EAP-4SOC (1-866-327-4762)

TTY USERS SHOULD CALL: 1-800-424-6117

eap.calhr.ca.gov

©2021 Magellan Health, Inc.

Magellan
HEALTHCARE®