

EMPLOYEE ASSISTANCE PROGRAM

SPEAK

Chronic pain. Substance misuse. Serious health issues. Crippling anxiety.
Financial strain. Violence. Legal problems. Military service. Divorce.
Death. Abuse. Trauma. Relationship troubles.

Many stressful situations contribute to suicidal thoughts among those with and without known mental health conditions.

Speak up for yourself. Speak out for others.

**Help is available. Contact EAP at 866-327-4762 or go online
to eap.calhr.ca.gov for helpful resources.**

