

EMPLOYEE ASSISTANCE PROGRAM

LEARN HOW TO  
MANAGE YOUR  
WORK-LIFE FLOW.

Contact EAP for helpful tips.



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

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

[eap.calhr.ca.gov](http://eap.calhr.ca.gov)

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