

EMPLOYEE ASSISTANCE PROGRAM

NOW AVAILABLE! A NEW WELL-BEING PROGRAM TO MANAGE YOUR WHOLE HEALTH



Family problems. Personal stress. Physical ailments. Take control of your whole health—life, mind, and body—with the new digital emotional well-being program.

How does it work?

- Complete breathing exercises, meditation, yoga, or journaling.
- Track mood, sleep, stress, and pain, and see your progress.
- Address conditions like anxiety, depression, and substance misuse.
- Get support for topics such as caregiving, goal setting, mindfulness, stress, and more.
- Sync with wellness trackers including Fitbit, Garmin, and MyFitnessPal.

Visit eap.calhr.ca.gov or call 1-866-EAP-4SOC to learn more about EAP services.

Visit eap.calhr.ca.gov or call today to get help with topics such as:

Work-life balance	Living healthier
Health & well-being	Emotional wellness
Family & relationships	Stress & balance
Grief & loss	Workplace support

Your resource for help with daily challenges and difficult situations.