

EMPLOYEE ASSISTANCE PROGRAM

DIGITAL EMOTIONAL WELLBEING PROGRAM

TAKE CONTROL
OF YOUR WHOLE
HEALTH-LIFE,
MIND, AND BODY.

Get started with relaxation and mindfulness techniques, strength-building activities, and more.



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

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

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