

Feeling Left Behind?

You have stress at work, at home and in between. Your moods are becoming more and more unpredictable. You have an unexplained feeling of being out of the loop. You're depressed, and you don't sleep well anymore. Sound familiar? If so, you may be experiencing anxiety due to life changes. Such life changes could include:

- Family or marital conflicts
- Birth of a child or child rearing concerns
- Death of a loved one
- Emotional or psychological adjustment
- Alcohol or drug problems
- Serious illness in the family
- Legal or financial difficulties
- Retirement
- . . .and others



Your Employee Assistance Program can help. All consultations are completely confidential.

Call us at:
