



Overwhelmed by stress?

*Get in-the-moment help from
your EAP!*

*After two years of the pandemic,
healthcare workers are overwhelmed,
drained, exhausted, and grief-stricken from
working with so many dying patients and
their families. And all too often, the public's
pandemic exhaustion spills over into anger
and abuse directed at the helpers. It's a
perfect storm of stress overload!*



Your HealthCare EAP offers stress management resources, including:

- 24-7-365 in-the-moment helpline access to Counselors
- Telephonic one-to-one Coaching for Stress Management
- Self-Help Resources at www.HealthCareEAP.com
- Stress Management & Resilience Trainings



*Use your mobile phone's
camera to scan the QR
code for a link to explore
your EAP benefits.*

**LEARN
MORE**



To access a Counselor or a Stress Coach,
simply call: **1-800-252-4555**



To access online support resources, simply
login at: **www.HealthCareEAP.com**