

# Balance Your Work And Personal Life

## It's OK to ask for help



Mental health affects every aspect of our lives. In the workplace, where stress and deadlines can take a toll, Its especially important to pay attention to your well-being.

Employee Assistance Associates is proud to serve as your EAP offering you and your household valuable, confidential services at no cost to you.

Everyone needs support at some point. When you need it, call your Employee Assistance Program.

Simple to use & it helps.

**Employee Assistance  
Associates and  
Consultants of  
Oklahoma**

800-477-2990 or  
918-481-2999