ALLONE HEALTH



EAP

We are here for you 24/7 this holiday season.

We understand that many of you are facing challenges this holiday season. Your Employee Assistance Program (EAP) is here to support you 24/7/365. Call or logon to receive confidential assistance around whatever challenges come your way.

- Work/life balance during the holiday season
- Coping with anxiety/stress/grief/loss around the holidays
- Stress management techniques
- Childcare arrangements during school holiday breaks
- Managing disappointment and expectations

Helpline: (800) 451-1834 Email: eap-do@allonehealth.com Web: allonehealth.com/portal