



# Need Support?

Are you...

- Feeling stressed out or overwhelmed with life
- In need of emotional support
- Needing help locating resources
- Seeking to expand your stress management toolkit
- Struggling to maintain a positive work-life balance
- Dealing with an issue you need to talk to someone about

**Tuesday's & Thursday's**  
**11am - 1pm**  
April 25th - May 25th

## Call in During Capital EAP's Open Helpline Hours!

You don't have to struggle in silence!

Take advantage of these open call-in hours to get connected with someone to assist you right away with your everyday issues.

Don't forget, you can reach back out after the call to utilize your full range of EAP benefits including free and confidential counseling sessions and so much more!



**518-465-3813**  
**"I want to use the EAP Helpline!"**

**Open for all Ellis Medicine Employees**