

LET US HELP

Toll-Free: 1-877-313-4455

Website: [eap.wa.gov/worklife](https://helpwhereyouare.com/CompanyLogin/1669/DESWA)

Your Work/Life Access Code (to logon): ASD

The letters "eap" are below a radiating sun which contains a person with upraised arms

Take some time to reflect on what makes you, *you*. Think about what makes you unique. We can support you as you learn to boost your self-esteem and overall happiness.

**Let Your Good Shine Through**

JANUARY 2025

**YOUR EMPLOYEE SUPPORT PROGRAM**

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**JANUARY 2024**