

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**Make mental health your priority**

A healthy mind is important to achieve overall wellbeing. We can help you develop effective strategies to maintain or improve your mental health.

**Caring for Your Mental Health**

LET US HELP

TOLL-FREE: 1-877-313-4455

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

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

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**MAY 2024**