

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

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE SUPPORT PROGRAM**

**Stepping Forward With Goals**

By breaking goals into smaller, manageable steps, they may be easier to achieve. If you want to make a change, think about a step-by-step plan and celebrate your small wins along the way.

FEBRUARY 2025

**JANUARY 2024**