

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

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>

Having strong social connections can be one important piece of a fulfilling life. Building relationships with friends, family, and coworkers may improve your long-term happiness.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE SUPPORT PROGRAM**

**Social Connections**

AUGUST 2025

**JANUARY 2024**