

Washington State

Employee Assistance Program

Your **Confidential** Resource for Personal and Workplace Issues

Are you...

- stressing out?
- having problems with your boss?
- drinking too much?
- feeling depressed?
- abusing drugs?
- having problems with your marriage?
- feeling disoriented from too many changes?



We can help

Our services are available statewide.

Toll free | 1 - 877 - 313 - 4455

Olympia | (360) 407- 9490

Online | www.hr.wa.gov/eap

