

# Employee Assistance Program

For more information about your EAP, or to make an appointment for confidential counseling, call us anytime at:

**(866) EAP-4SOC**

(866) 327-4762

TDD callers, please dial: (800) 327-0801

Or visit: **eap4soc.mhn.com**  
(access code: **soc**)

In an emergency, call 911.



## How Your EAP Can Help

We can help you and your family with personal and work-related issues, including:

- Achieving life balance
- Stress, anxiety and sadness
- Grief and loss
- Health and wellness
- Alcohol & drug dependency
- Daily living
- Marital, registered domestic partnership & family issues
- Domestic violence
- Financial and legal issues
- Identity theft

*When you have a problem, call your confidential EAP.*