

February 13, 1:22 am

problem

February 13, 1:29 am

solved

Overwhelmed from helping mom through cancer treatments.



One phone call made the difference.

It was the middle of the night. Burned out and unable to sleep, Carole called her Employee Assistance Program (EAP). Within minutes, she:

- Spoke with an EAP advocate, learned that mom might benefit from senior day program involvement and was linked to elder care assistance resources
- Requested articles on work/life balance tactics and yoga relaxation methods
- Learned how to join a cancer support group
- Went on www.cignabehavioral.com to access online coaching models for handling stress

Call your confidential EAP any day, any time, for free assistance with information, resources or a referral to help resolve your concerns.



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