

December 15, 5:45 pm

# problem

**Maxed out all the credit cards.**



December 15, 5:58 pm

# solved

**One phone call made the difference.**

Julia's spending was out of control, so she called her Employee Assistance Program (EAP). Within minutes, she:

- Spoke with an EAP advocate about how to start changing compulsive behaviors
- Received contact information for credit counselors in her neighborhood
- Set up a face-to-face meeting with a licensed counselor to discuss the depression she feels after each shopping spree
- Went on [www.cignabehavioral.com](http://www.cignabehavioral.com) to learn about spending addictions and how to write "want vs. need" lists

**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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