

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](http://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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