

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 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.

1.800.000.0000
ABC Company



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