



# EMPLOYEE ASSISTANCE PROGRAM

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## Seeking a better balance?

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At times, trying to balance work demands and family needs can feel impossible. In such times, help is available.

Your EAP provides confidential, professional support for personal and work concerns at no cost to you.

***24 hours a day, 7 days a week.***

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For more information or to schedule an appointment with an EAP counselor, call toll-free:

**1.888.319.8282**

TSR: 711



To access online tools and resources, visit:

**[www.EAPHelplink.com](http://www.EAPHelplink.com)**

**Code: Nevada**

**SCAN ME**

