



## 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!**

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

**1.888.319.8282**

**TTY: 1.877.334.0489**

To access online services, visit

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

Company Code:

**Nevada**

