

CAN WE TALK

YES,
COUNSELING
CAN HELP



April is Counseling Awareness Month. Learn more about the benefits of counseling and how you can use it to sort out personal issues.

Your Employee Support Program can help with:

- Self-assessments on anxiety and depression
- Articles about different types of treatment, including marital counseling
- Audio tips on how exercise can help with depression
- A Skill Builder training module on counseling and coaching

TOLL-FREE: **800-777-9376**

WEBSITE:

www.CAEAP.com

USERNAME: **Riverside**

PASSWORD: **Riverside**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

