

*Employee Assistance Program*

## TELEPHONIC COUNSELING

**Are you experiencing  
any of the following?**

- Increased stress, anxiety, or fear related to the upcoming elections
- Feelings of hopelessness, sadness or grief
- Relational conflicts with family members or colleagues
- Sleeping issues
- Difficulty managing frustration or anger

**Your Employee Assistance  
Program offers 24/7 access  
to confidential counseling**

If you are experiencing stress or anxiety related to the upcoming elections, **you are not alone**. Were you aware that help from a professional counselor is just a phone call away courtesy of your Employee Assistance Program? These short-term, confidential, telephonic counseling sessions can be scheduled at a time that is convenient for you. Reach out today!

**TOLL-FREE: 800-346-0110**

**WEBSITE: [www.inova.org/eap](http://www.inova.org/eap)**

**Username: Niagara Password: County**

