

Your Employee & Family Assistance Program



Free and confidential help | [Contact FSEAP 24/7](#)

Caring, professional assistance for personal, family, or work-related concerns

[1.888.409.4499](#) or [1.800.668.9920](#)

We can help you:

- Manage emotional well-being
- Enhance relationships
- Succeed at work
- Overcome addictions
- Explore child and elder care resources
- Address legal concerns
- Manage personal finances
- Improve physical well-being



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fseap Now we're
talking.