

# EAP for Army Spouses

*A little help when you need it!*

## What is EAP?

The Employee Assistance Program (EAP) is funded by the Department of the Army for Civilian Employees and Army Spouses. EAP Counselors (EAPC) are equipped to assist individuals with many types of life stressors that may affect an individual's overall well-being.

## Overwhelmed?

As you feel life's various problems piling up and becoming one big problem, it's comforting to have someone willing to listen and help find resolve.

## Let's Talk

Your EAPC is here to help you with any situation in life that is becoming a problem, whether personal or professional **free of cost**. You can feel confident knowing that EAP services are **confidential** and will not jeopardize security for you, your family, and/or your employment.

## Additional Resources

Often short-term session with your EAPC can help you gain control over your situation. If it is best that you are referred to another professional that specializes in your situation we can advise you of all options.

***A solution is within your reach!***



## *What kinds of problems can EAP help to solve?*

- ✓ *Family or relationship issues*
- ✓ *Work and life balance*
- ✓ *Healthy lifestyle choices*
- ✓ *Life changes*
- ✓ *Alcohol and drug issues*
- ✓ *Grief*
- ✓ *Stress management*
- ✓ *Anxiety reduction*
- ✓ *Sadness*

***Do not hesitate to call! We can provide the help necessary to lead a happy, healthy, and productive life. DSN: 467-3342/1710 Comm: 09802-83-3342/1710***