



STRESSED?

DEPRESSED?

NEED A HELPING HAND?

LET OUR EAP HELP YOU!

MHN'S EMPLOYEE ASSISTANCE PROGRAM offers confidential face-to-face counseling, telephonic consultations and online tools for a variety of emotional health needs.

WE CAN HELP YOU:

- Manage Stress
- Overcome Depression
- Cope with Grief and Loss
- Tackle Alcohol and Substance Abuse
- Address Family and Relationship Issues
- Balance Your Work and Life