

# Feeling Overwhelmed? We Can Help.



## Employee Assistance Program

### You CAN Have a Good Life

Each year, thousands of employees use their EAP benefit to learn how to change their lives for the better. You, too, can have a better life. Take the first steps toward a more tranquil existence and contact the EAP today.

### No Judgment, Just Help

We provide qualified, specially trained counselors and therapists who are ready to step in and help provide calm and focus through tough situations. There is no judgment here, just help.

### We are:

- Confidential
- Free
- Convenient

### Bon Secours Employee Assistance Program

110 Kingsley Lane, Suite 210, Norfolk, VA 23505  
757-398-2374 / 800-EAP-3257  
[virginiaemployeewellness.com](http://virginiaemployeewellness.com)



BON SECOURS HAMPTON ROADS HEALTH SYSTEM

Good Help to Those in Need®

## good help™ ...

Please contact us for assistance, Mondays through Fridays, from 8:30 a.m. to 5 p.m., at 757-398-2374, or if you are in crisis after hours, call 1-800-EAP-3257. [virginiaemployeewellness.com](http://virginiaemployeewellness.com)



### Has Life Got You Down?

Life can be difficult at times. Are you or a member of your family experiencing any of these issues?

- Job stress
- Marital stress
- Substance abuse
- Family issues
- Depression
- Anxiety
- Bereavement

### We Can:

- Help you identify serious problems and navigate the services
- Provide short-term counseling
- Connect you and your family to wellness and prevention
- Prepare and deliver workplace seminars, training and programs



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