

DCPS's Employee Assistance Program (EAP)



THIS PROGRAM PROVIDES:

- Help with balancing work and family day-to-day life
- Free, confidential counseling sessions for you or your family members for personal issues such as stress, family/marital concerns, depression, anxiety, grief and addictions
- Counseling at convenient office locations throughout Duval County, close to work or home
- 24-Hour EAP Helpline
- Referral programs to help you find child care, improve your life, care for aging parents – to name a few!
- Wellness Seminars on topics such as *Creating Work/Life Balance*; *Financial Fitness: Controlling Your Debt*; *Staying Tough in Tough Times*; and *Stress Management* to name a few.
- Help with legal issues and financial issues

AND MUCH, MUCH MORE...

**Call the free, confidential, 24-hour CARELINE
904-296-9436 • 800-327-9757**