

Your Employee Assistance Program – EAP

A S S I S T

An EAP Division of ERC

In today's complex world we all can use an ASSIST every now and then. ASSIST, your EAP, provides confidential, professional counseling services to help resolve personal concerns that can affect your family life, health or work life.

Your employer sponsors this program and there is no cost to you for your counseling visits. Why pay out of pocket, spend your health care savings dollars or tap into your insurance benefits when you can receive high-quality, confidential counseling services at no cost through your EAP?

How ASSIST works:

Call us. Just call us and we will set up an appointment for you or provide direction over the phone.

We'll talk. Together you and your counselor will develop a plan to help you meet your goals. The counseling sessions provided by your employer may be all you need to get back on track—at no cost to you.

We'll assist you in other ways. Sometimes we may recommend other resources to help you reach your goals.

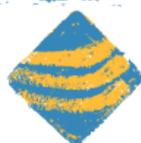
A S S I S T

Employee Assistance Program

1-800-222-8590

www.AssistERC.com

We're here for you when you need
help with life's concerns.



A S S I S T



Local Services:

Simply call us and we will connect you with a counselor in your area.

We Respect Your Privacy:

No one will know you are using services unless you want them to. The ASSIST EAP is confidential in accordance with all state and federal laws.

Visit the ASSIST website:

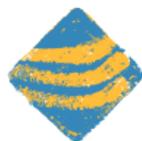
Visit www.AssistERC.com for self-help information, self-awareness tools and other resources.

We're here for you:

We're just a phone call away. No one is immune from the problems that life's stress can bring. You don't have to do it alone. ASSIST makes it easy and affordable to get the help that you need, when you need it.

ASSIST – Confidential assistance for:

- Stress management techniques
- Alcohol/drug abuse or other addictions
- Family and relationship counseling
- Depression or other emotional concerns
- Grief and loss



We Are Here for You.

ASSIST