



EMPLOYEE ASSISTANCE PROGRAM (EAP)

SFHSS EAP Counselors are available Monday through Friday from 8 a.m. to 5 p.m. for Confidential Tele-Counseling & Consultation.

EAP Guidance Resources Consultants are available 24/7 for confidential assessment and referral.

**Your mental health is just as important as your physical health.
If you think you need help - Call: (628) 652-4600**

Visit EAP online at sfhss.org/eap & sfhss.org/crediblemind for more resources including your mental health benefits through your health plan.

We're Here *For You*

