

# WHAT YOU SHOULD KNOW



If you are experiencing the following symptoms, get help now.

- Having thoughts of death or suicide
- Feeling like a burden to others
- Wanting to disconnect from others
- Looking for ways to harm yourself
- Feeling increased anxiety & agitation
- Feeling helpless or trapped in a situation
- Experiencing sleep issues, too much or too little
- Feeling uninterested in taking care of yourself
- Losing interest in things that were once important
- Feeling increased anger & intensified mood swings

Your EAP is here for you & we can help. Contact us today.

**800-EAP-4YOU (800-327-4968)**

**TTY:877-492-7341 | EAP4YOU.com**