

Help for your Work-Life Balance



Did you know AAH EAP provides all the following services for your Work-Life Balance???

- **Adoption Information Services**
- **Childcare consultation, information and referrals**
- **Educational resource assistance: K-12 and higher education**
- **Elder care consultation, information and referrals**
- **Financial consultation**
- **Legal consultation**

Contact AAH EAP today!
800.236.3231
www.aah.org/eap

What is an Employee Assistance Program (EAP)?

- A free & confidential resource
- Open to employees & their immediate family members
- Helps you access useful information 24/7
- Assists you in resolving personal problems quickly, confidentially and effectively
- Eligible to use EAP from the first day of employment

Call AAH EAP at 1-800-236-3231

Email: eap@aaah.org

