

YOUR EMPLOYEE ASSISTANCE PROGRAM

**Managing the stress of transitions**

Change can be emotional and overwhelming, even when it is a positive change. We can help you process short-term change and ongoing change.

LET US HELP

TOLL-FREE: 1-877-313-4455

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): ASD

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Accepting Change**

**DECEMBER 2023**