

Letting Go of Anxiety



**Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Anxiety comes in many forms

Experiencing anxiety from time to time is normal, but elevated levels or regular intervals of anxiety can severely affect your everyday life. A call to First Sun EAP can help get you back on track.

Symptoms of Anxiety

- Excessive and persistent worry and fear about everyday situations
- Problems concentrating
- Experiencing panic attacks and social anxiety
- Feeling tense, jumpy, restless or apprehensive

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services