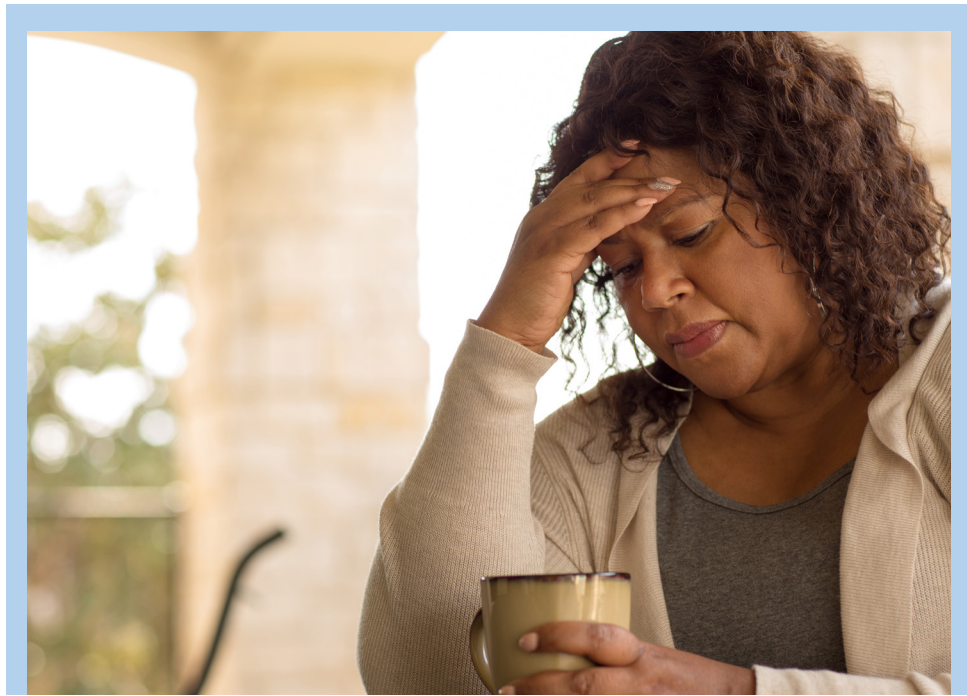




Scan the QR Code to Use Your EAP Benefit!



Anxiety

Learn How to Manage and Reduce Anxiety

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

Take a mental health assessment to measure your anxiety. If you feel it is not manageable, please use your mental health sessions to work with a licensed professional counselor to develop effective coping strategies.

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

Select your organization's name to register for the Well-Being Center.

Your Employee Assistance Program (EAP) is paid by your employer. You and your household members are automatically covered. No health insurance is needed to participate. To speak to an intake specialist, call 800-968-8143. Services are confidential. First Sun EAP does not sell your personal information to third parties.

