

Employee Assistance Program

Navigating life's transitions

Office of Research Services, Division of Occupational Health and Safety



*Have you ever found yourself
wondering:*

- Who will care for me as I age?*
- How do I have a conversation with my loved ones about how to care for them as they grow older?*
- How will I provide for my family as I age?*

EAP Can Help!

*We offer free, confidential counseling
for employees who are dealing with
the stress of aging.*

*Services include assessment, short-term
counseling and referral services.*

*To request a confidential consultation call
(301) 496-3164.*

