



EMPLOYEE ASSISTANCE PROGRAM

Problems we can help with

- ▶ Anxiety, Worry, Stress
- ▶ Anger Issues
- ▶ Depression
- ▶ Grief and Loss
- ▶ Relationship Problems
- ▶ Divorce and Separation
- ▶ Parenting Concerns
- ▶ Aging Parent Concerns
- ▶ Alcohol/Drug/Medication Abuse
- ▶ Compulsive/Addictive Behaviors
- ▶ Workplace Concerns

HPMC OCCUPATIONAL
MEDICAL SERVICES

Behavioral Health Services

We can help.

There are often support people in your everyday life that you haven't even thought of asking for help. We'll also identify resources that can make a difference in your life.

Behavioral Health Services

1979 Snyder Street, Suite 150, MSIN G3-70
Richland, WA 99354

U.S. Department of Energy – Richland Operations

(509) 376-4418

www.hanford.gov/health

Problems we can help with



Changes at home or at work – even good ones – can make you feel uncertain, anxious, frustrated, and even angry.

These are changing times that affect all of us.

Having trouble talking to your manager?

Nervous about the next layoff?

Is the old work gang not what it used to be?

Having trouble teaming with the new players?

Has your teen pushed you to your limit?

Feeling disconnected with your family?

Are you taking care of YOU?

How can you tell if it's time to ask for some help?

- ▶ When you feel like you can't do it alone.
- ▶ When you feel trapped, like there's nowhere to turn.
- ▶ When you worry all the time and never seem to find the answers.
- ▶ When the way you feel affects your sleep, your eating habits, your job, your relationships, and your everyday life.
- ▶ When it's not getting any better.

- American Psychological Association

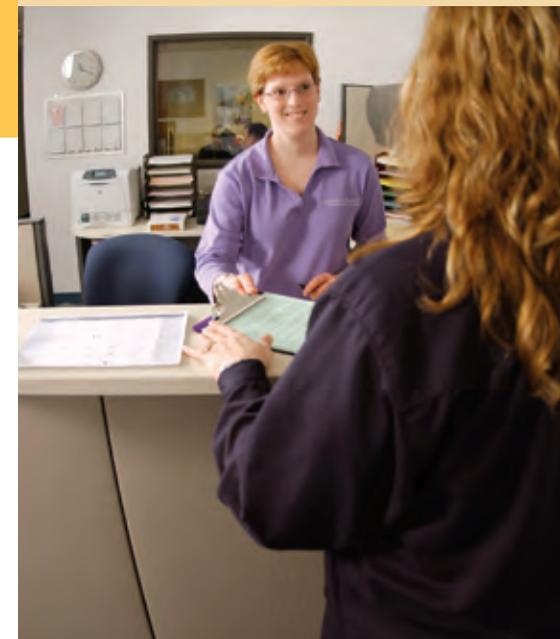
We can help.

Problems are a part of everyday life. Sometimes you're too close to your problem to be able to step aside and figure out how to fix it. We can help. We can provide an outside view that can offer solutions.

Who will you talk to?

You will meet confidentially with one of our counselors.

Our staff members are licensed clinical psychologists or social workers trained to provide counseling for a wide variety of issues.



What can a counselor do?

Change is manageable.

How many times have you read "how to" literature on fixing a problem, but couldn't see how it could apply to you?

You need to know what you can change and what you can't. Our staff can help you identify your needs.