

**When too much information leads to
information overload!**

CONFIDENTIAL COUNSELING NO MATTER YOUR LOCATION

EAP SERVICES INCLUDE:

- **Confidential Counseling-
in person, over the phone
or via video**
- **190+ languages spoken**
- **Child Care Assistance and
Referral**
- **Pet Services**

With all the reports on the television, radio and social media, you can be left feeling emotional and mentally strained. Inova EAP is here to help. Our counselors are available via phone or video to provide you assistance when you need it most. The EAP benefit is also free for your household members as they deal with stress as well. Your EAP is always just a phone call away.

1-800-346-0110

24/7/365

In-person, Telephonic, Video Counseling

www.inova.org/eap

