

## Anxiety, Stress, Depression, Grief... Recovering from an Illness?

Life is upon us! Many people are feeling the stress from the economy, bills from the holidays, and pressures from work and family. If these and other issues are causing you or your family members anxiety, stress or even depression, help is one phone call away. Meet PCSB's Employee Assistance Program (EAP) provider, **Horizon Health**. **Horizon Health** is a FREE, completely confidential resource that exists to ensure peace of mind.

**Horizon Health** professionals are available 24 hours a day, 7 days a week, to help you cope with life events that can challenge your ability to balance work and family responsibilities effectively.

**Horizon Health** helps you and members of your household manage the conflicting demands of working, parenting, and care-giving. **Horizon Health** ensures the strictest confidentiality to protect your health information. **Horizon Health** can help you and your family members in the following areas:

- ♥ Emotional well-being including stress, depression, grief, or anger management.
- ♥ Family matters involving marital or divorce issues and parenting problems.
- ♥ Work issues related to relationships or job burnout.
- ♥ Legal issues involving divorce or family matters, consumer issues, real estate, or wills.
- ♥ Financial issues including debt management, investment, or retirement planning.

There are times when all of us must balance the competing demands of work and family life. When these demands become too difficult, turn to Horizon Health for FREE, confidential services.

**Call 800-272-7252 or visit  
[www.horizoncarelink.com](http://www.horizoncarelink.com).**