

**Your well-being matters.** If you're experiencing any of the following signs, please reach out for help right away. You are not alone, and support is available.

- Having thoughts of suicide or death
- Feeling like a burden to others
- Withdrawing from others
- Searching for ways to harm yourself
- Feeling increased anxiety & agitation

- Feeling hopeless, helpless, or trapped
- Struggling with sleep—too much or too little
- Neglecting personal care or hygiene
- Losing interest in activities you once enjoyed
- Feeling intense mood swings or frequent anger

## You matter. Your life matters. Help is here.

If you're feeling overwhelmed, talk to someone you trust or reach out to the Employee Assistance Program (EAP) for around-the-clock support. Give us a call or visit **EAP4YOU.com** for guidance.

