



## BACK ON TRACK®

**We all have problems from time to time. Sometimes it helps to talk to a professional.**

Back on Track Employee Assistance Program (EAP) provides confidential help for problems that affect a person's personal life or work life. These problems may include:

- Emotional troubles
- Family issues
- Marital or relationship problems
- Alcohol or other drug abuse
- Mental illness
- Work-related issues
- Any other problem that is troubling you

Call EAP's 24-hour hotline at:

**1-800-566-5933**

1-866-931-8420 TTY