



You don't have to be **Superhuman** **FEI has a solution**

FEI provides a confidential Employee Assistance Program (EAP) benefit at no cost to you. Whether it's relationship problems or emotional stress, your EAP connects you and your eligible family members with 24/7 phone access to live, professional counselors who can refer you to counseling sessions near your work or home.

Employee Assistance Program

fei workforce
resilience

“There was a time when I felt overly burdened and disconnected from the things that mattered most in my life. Now I’ve regained a sense of balance and renewed direction, and I owe it in part to the availability of my EAP benefit.

My organization had downsized, and even though I kept my job, my workload increased exponentially as my peers were let go. Pressures grew alongside my stressors, and I felt less like myself with each passing day. Things that had once excited me were losing their luster. I wanted to talk to someone—to be a stronger, happier person—but I just didn’t know where to turn for help.

Then I remembered the EAP, and I’m glad I did.”

1

Your EAP can help you

- Alleviate emotional stress
- Enhance interpersonal relationships
- Address family/parenting challenges
- Become resilient in the face of traumatic events
- Address substance abuse
- Manage strong feelings
- Build on personal strengths
- Navigate life transitions
- Work through grief and loss

2

Invest in yourself

- Seeking help is a positive choice
- Learn how “good stress” can enhance your well-being
- Don’t lose out on this valuable benefit!

3

How do you access your EAP?

Call **800.638.3327** or visit **feieap.com**

Username: **lcc**