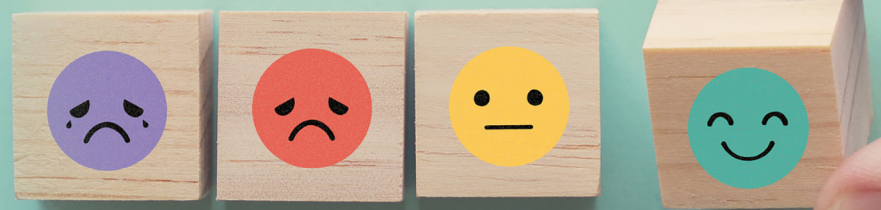


# ACCLIMATING TO WORKPLACE CHANGE



**Changes at work can be disruptive and the uncertainty may leave you feeling stressed or anxious.**

Your Employee Assistance Program (EAP) offers the support you need to adapt to transitions in the workplace.

**24 HOURS A DAY**

**(800) 222-0364**

**FOH4YOU.COM**

**EAP**

**PSC** |  **Federal  
Occupational  
Health**  
U.S. Department of Health and Human Services

The EAP is a voluntary and confidential employee benefit available to eligible federal employees at no cost.

