

# WE ARE HERE TO -HELP-

- Life stress
- Job stress
- Substance abuse
- Parenting support
- Relationship issues
- Depression & anxiety

## CALL YOUR EAP 24-HOUR HELPLINE:

(800) 559-9544 Toll-free

**Your call is confidential.**

*Limited counseling is available to ODOC employees and their families at no cost.*

**Website:** [plexusgroupe.com](http://plexusgroupe.com)

**Email:** [onelife@plexusgroupe.com](mailto:onelife@plexusgroupe.com)