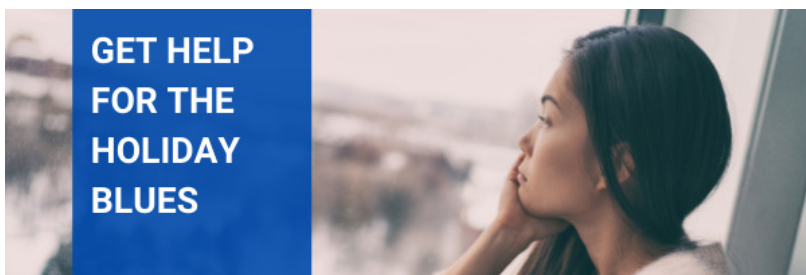


MacKenzie Pope

From: Human Resources
Sent: Tuesday, November 30, 2021 8:34 AM
To: ALLUSERS
Subject: Your Mental Health Matters
Attachments: image004.wmz



HELP MANAGE THE HOLIDAY BLUES WITH OUR EMPLOYEE ASSISTANCE PROGRAM

For many people, the holiday season can be the most stressful time of the year. Some may feel anxiety and/or even depressed. If you need someone to talk to you, we want to remind you of the FREE services provided via Hilldrup's Employee Assistance Program (EAP). The EAP is a **confidential** counseling service provided as a benefit to you and your household members. Again, the services offered through our EAP are FREE to you/your household members as an employee of Hilldrup!

FREE SERVICES INCLUDE:

- Three (3) face-to-face or video telehealth sessions per year, per issue
- 24/7/365 telephone support
- Online services and resources

ISSUES ADDRESSED MAY INCLUDE:

- Family & relationships
- Emotional well-being
- Financial wellness
- Substance abuse and addiction
- Legal assistance **and MORE**

If you are struggling and need help, VISIT OUR EAP WEBSITE OR CALL TODAY:

- www.liveandworkwell.com
- Company access code: hilldrup

- 866-248-4094

Again, this service is free and completely confidential!



Human Resources

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Hilldrup continues to experience post-pandemic volume surges of customers requesting moving and storage services. As a result of this demand, we're experiencing a higher than usual volume of emails and calls. We're working efficiently to respond to all messages as quickly as possible. We appreciate your patience and understanding during this time!