

After a Disaster: Self-Care Tips for Dealing with Stress

Stress	For free and confidential assistance, call your Employee Assistance Program and speak with a Care Coordinator:	(713) 781-3364 (800) 324-4327	Marital Problems
Financial			Family Problems
Legal			Alcohol/Drug Problems
Depression			Other Referrals

Your employer has contracted with Interface EAP to provide an Employee Assistance Program.