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.
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.”

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

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!

How do you access your EAP?

Call 866.274.4723 (TTY: 855.225.1367) or visit feieap.com
Username: SOWI