

# EAP BENEFIT

HORIZON  
HEALTH

## Cost-Free ♦ Confidential ♦ Convenient

- Difficulties in Relationships
- Emotional/Psychological Issues
- Stress & Anxiety Issues with Work or Family
- Alcohol & Drug Abuse
- Grief Issues
- Legal or Financial Issues
- Personal & Life Improvement
- Depression
- Childcare Issues
- Eldercare Issues



- Up to 8 face-to-face counseling sessions per incident
- Available to you and your eligible household members
- Available 24 hours a day, 365 days a year

To access services, call:

**1-800-342-8111**

[www.horizoncarelink.com](http://www.horizoncarelink.com)

Login: SDSU Research Foundation Password: eap