



Chat with a licensed counselor

- right away
- in between interruptions
- when you don't have privacy to talk on the phone
- if you need encouragement or guidance
- when you have questions about the EAP, your situation or how you are feeling
- if you wonder if what you are feeling is normal
- even if you're not sure what you need
- any time between 9AM 5PM central time, Monday-Friday
- for immediate support 24/7, call (800) 356-0845

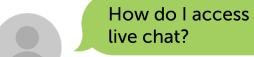


COVID-19 has made life more complicated.

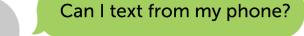
Privacy and time may be limited.

Change is a certainty.

Let's talk.



Go to https://www.paseap.com



Yes! Text to 314-451-5727

