

Life Happens...

The CSX EAP Can Help!



The **Employee Assistance Program (EAP)** is available 24 hours a day, 7 days a week to help employees and their eligible family members obtain the resources needed to address personal and work-related challenges.

EAP personnel are qualified mental health professionals who are trained in Psychological First Aid and can provide support to assist with a variety of employee concerns. Specialized services and programs are available to assist you with:

- Resources to Achieve a Work-Life Balance
- Military Reintegration and Transition
- Health and Wellness Promotion
- Stress Management
- Critical Incident Response
- Marital, Family, or Relationship Issues
- Parenting Support
- Grief and Other Losses
- Emotional Difficulties
- Substance Abuse
- *and much more*



**Confidential help is
available 24 hours a
day, 7 days a week.**

Call 1-800-657-3366

