



## *Policies and Benefits*

An employee publication of the  
Texas Department of Criminal Justice

### **Employee assistance available for dealing with holiday stress**

**T**he holidays can be fun, but they can also be a source of stress. Financial pressures, holiday travel and family conflict can sometimes turn a happy time of year into a time of anger or depression.

The Employee Assistance Program (EAP) is a work benefit designed to help Texas Department of Criminal Justice (TDCJ) employees and their families through emotionally difficult times. With licensed and certified counselors available 24 hours a day, EAP can help with many issues including depression, anxiety, anger and grief. By coordinating with health care providers and medical insurance associates, the EAP can help create an appropriate and effective treatment plan.



The EAP is administered by a private, nonprofit agency separate from TDCJ, so communications are completely confidential and no information is shared with agency staff or co-workers.

As a TDCJ employee, you don't have to face emotional problems alone. Help is a phone call away. EAP counselors can be reached by calling 1-886-832-5927. ●