



EMPLOYEE ASSISTANCE PROGRAM

As employees of the Anderson Auto Group, we want you to know that we offer Employee Assistance Programs (EAP) through Mutual of Omaha. These services are available for all full-time employees and their household dependents.

The services include:

- 24-hour toll-free phone access to EAP professionals, 7 days a week
- Telephone assistance and referral
- Service for immediate and dependent family members

EAP can help with a variety of personal and professional matters, including:

- Stress
- Depression
- Mental Health
- Drug/alcohol abuse
- Resiliency
- Grief
- Gambling and other addictive behaviors
- Parenting
- Financial issues
- Life changes
- Relationships

The contact number for these services is:

1-800-316-2796

Also, always remember you can **Dial 988** or **1-800-273-TALK (8255)** to be connected to the National Suicide Prevention Center.

You are not alone; Your story is not over!