



sometimes you don't know what to do.

IT'S OK TO ASK FOR HELP.

If you need help dealing with depression or an abusive relationship, please contact the Employee Assistance Program (EAP) for confidential assistance. If you're in an abusive relationship, an EAP coordinator can help you find solutions that fit your individual needs, find emergency housing, get counseling, develop a safety plan, and access legal services. If you're experiencing depression, an EAP coordinator can help you find a treatment that works best for you.

National Suicide Prevention Lifeline at **1-800-784-2433**
National Domestic Violence Hotline at **1-800-799-7233**
insidekp.kp.org/eap
kp.org/domesticviolence