

Counseling Services



Personal Assistance Services (PAS) is a life event service that helps you and your dependent family members with virtually any life need. Every one of us experiences demands for our time and energy, both on and off the job. At times, a caring EAP counselor can provide just the right support needed to resolve challenges, manage life stressors, solve personal or relational concerns, achieve goals and strengthen well-being. All services are confidential*.

- Marital/relationship strengthening
- Thriving as a parent or grandparent
- Depression
- Anxiety
- Work and life transitions
- Life balance and revitalization
- Addiction
- Anger
- Trauma
- Domestic safety
- Grief & loss
- Job stress management
- Resilience building & emotional fitness
- Overcoming loneliness
- Achieving well-being

Counseling Services are provided through your Employee Assistance Program

Your Resource for Life's Questions



Free & Confidential

800.356.0845

www.paseap.com

*except as required by law