STRESS IS THE #1 CAUSE OF HEALTH PROBLEMS TODAY

ERC specializes in short-term, solution-based counseling. They offer easy access to professional and confidential counseling services to help resolve personal concerns such as:

 Anxiety Depression ○ Family O Grief & Loss O Child Marital Work Relationships Anger Management WORKPLACE PERFORMANCE 56%

EMPLOYEES SAY STRESS AND ANXIETY **MOST OFTEN IMPACTS THEIR:**

ON THE JOB RELATIONSHIP WITH 51% **COWORKERS & PEERS** QUALITY OF WORK 50% **RELATIONSHIP WITH SUPERIORS**

These counseling services are paid for by your employer and there is **no cost to you.** In addition, this program is **100% confidential.**

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