

Did you know??

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18% of the population. (Source: National Institute of Mental Health)
- It's not uncommon for someone with an anxiety disorder to also suffer from depression or vice versa. Nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder.

If you or a family member are suffering from anxiety or depression, National EAP is here to help you. Your confidential Member Assistance Program is provided at no cost to you and your family through the I.B.E.W. Local 25 Health and Benefit fund for eligible participants.

Members of National EAP can rely on confidential counseling & work/life services to help address a variety of needs, including substance abuse/addiction, depression, anxiety, stress, work, marital/family conflict and child and eldercare concerns.

National EAP also provides free legal, financial and id theft consultations with qualified attorneys, financial professionals and id recovery professionals.

You can reach us at 1-800-624-2593 or email info@nationaleap.com.

Also be sure to check out our online services at www.nationaleap.com. Log into your member portal with "Local 25" as your username and password.