



Did You Know?

YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP) CAN HELP YOU QUIT SMOKING.

If you or someone you love is trying to kick the habit, your Employee Assistance Program (EAP) can help. We have a library of articles on the dangers of smoking and tobacco, and tips on how to quit. Our helpful work-life consultants can provide you with a confirmed referral packet for smoking cessation groups and resources in your community. We even have links to free, online support from experts on quitting smoking and raising tobacco-free kids. Call the Helpline or log on to our website today to start living smoke-free.

Available Features

- Referrals to smoking cessation groups and resources nationally
- Tip sheets and articles on quitting
- Links to free online support
- Information about medical treatments for quitting
- Wellness support for a smoke-free life

Contact Your EAP Today

Phone: (866) 327-2400

Web: www.txhhsseap.com

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