

# Feeling Stressed?

## We Can Help.

Confidential counseling to help you  
manage life's challenges.

To find a participating provider  
location near you, please visit  
us on the web at  
[www.wellspaneap.org](http://www.wellspaneap.org)  
or call 1-800-673-2514.



WellSpan Employee Assistance  
Program is a valuable benefit paid  
for by your employer.  
[www.wellspaneap.org](http://www.wellspaneap.org)