

GROW



Difficult and troubling events and experiences can leave lasting effects on your mind and body. It may show up as anxiety, nightmares or stress, but healing is possible.

Your program offers a variety of resources to help you understand the impact of trauma and learn coping techniques, including in-the-moment phone support 24/7/365, counseling, online courses, videos and tip sheets.

Start by visiting the web platform or mobile app.

Take the next step in your wellbeing journey
eap.healthjoy.com
1-888-731-3327



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