



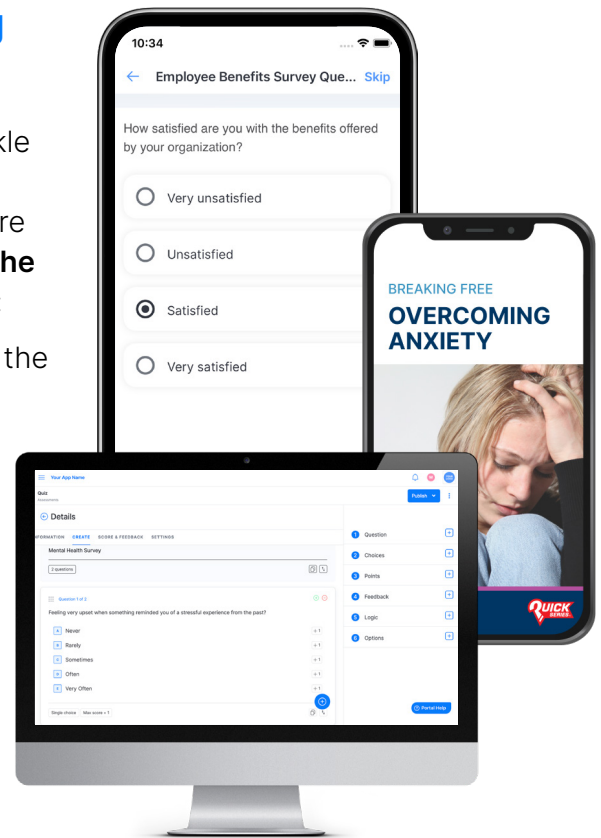
Create a Supportive Atmosphere for Government Employees

Reliable Content. Innovative Delivery.

Is your team facing challenges in adapting to the “New Normal”

Employee Assistance Programs (EAP) help employees tackle various life challenges by providing timely guidance and referrals. From managing anxiety to supporting those who are caregivers at home, a **QuickSeries® EAP app will broaden the resources you can offer your workforce.** With the EAP app:

- Easily create and update installation-specific material via the Authoring Tool CMS.
- Supply informative mental health articles, checklists and access to helpful RSS feeds.
- Allow personnel to submit confidential forms or evaluate themselves privately with assessments.
- Create an expansive list of resources that is accessible at all times.
- Provide topical eGuides (**3 of your choosing included**). Suggested titles: *Improve Your Emotional Wellness At Work*; *Dealing with Worry*; and *Overcoming Anxiety*.



Encourage Wellness with Relevant Print Products

Motivate your team to live their best lives. Comprehensive and compact, our print formats provide authoritative content from trusted sources.

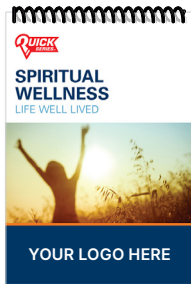
- Manage overwhelming emotions, such as anxiety, grief or depression, by learning of resources that can help.
- Recognize mental health red flags in themselves and colleagues.
- Perform their best by making physical wellness, such as dealing with worry and controlling fatigue, a priority.
- Adopt helpful techniques to improve their quality of life.



With reliable content and innovative delivery solutions, QuickSeries is ready to support you. Contact us today!

Employee Assistance Program Support

Pocket Guides w: 3.75" x h: 5.5"



Spiritual Wellness
Life Well Lived
24 Laminated Pages



Dealing with Worry:
For a Calmer You
36 Laminated Pages



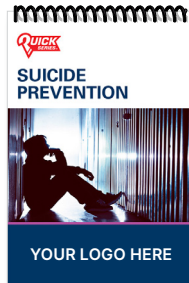
Anger Management
Keep Your Cool
32 Laminated Pages



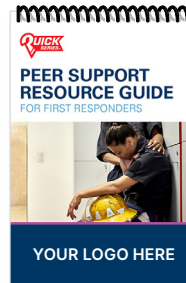
Breaking Free
Overcoming Anxiety
48 Laminated Pages



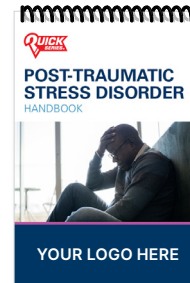
Depression
Learn to Heal the Hurt
36 Laminated Pages



Suicide
Prevention
24 Laminated Pages



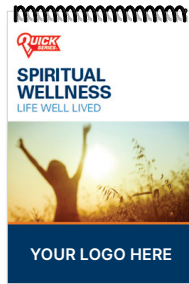
Peer Support Resource
Guide for First Responders
28 Laminated Pages



Post-Traumatic Stress
Disorder Handbook
44 Laminated Pages



Fitness at Your
Desk
40 Laminated Pages



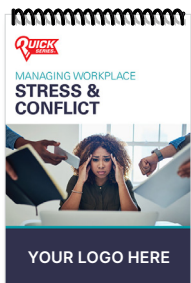
Spiritual Wellness:
Life Well Lived
24 Laminated Pages



Improve Your Emotional
Wellness at Work
36 Laminated Pages



Healthy Sleep:
Sleep Well, Live Well
24 Laminated Pages



Managing Workplace
Stress and Conflict
28 Laminated Pages



Alternative Dispute
Resolution
16 Laminated Pages

Wallet Cards w: 2.625" x h: 7.25"



Take Charge of
Your Emotions **De-stress for a**
Healthy Heart

Calendar

w: 10.6875" x h: 8"



Healthy Workplace