



Suffering in Silence

Don't be afraid to ask for support.

One of the best ways to find your way through difficult times is by seeking the guidance and support of others in your life.

It's normal to feel a little uncomfortable talking about what causes you stress.

**Don't suffer in silence.
Call the EAP today.**

It is typical for men to not talk about their feelings or share with their buddies what may be causing them stress. They are usually not as practiced at using their social and family supports to help reduce the effects of these feelings. Because of this, stress often hits harder and has a more damaging effect.

When problems arise, men often think, "It is my problem to handle." However, not everything can be handled by oneself. You're happy to ask a few guys to come over and help you move a couch. That is accepted and normal. Talking about your feelings with the guys, however, is often looked at negatively.

We're here to help

If you are too uncomfortable to talk about what is wrong with your friends, seek support elsewhere.

Do you have a trusted family member that you could turn to? A co-worker that you could talk things out with? Or would you prefer a more professional, non-judgmental and neutral place to turn? Maybe your EAP is where you need to seek assistance.

The EAP can provide the assistance you need through:

- Information on our website
- Web-based tools
- Telephone counseling
- Face-to-face counseling
- Video counseling
- Audio, video & text therapy

Your EAP offers free and confidential help, and can provide the support and assistance you may need to help you face and ease the causes of your stress.