## After a Disaster: Self-Care Tips for Dealing with Stress

Stress For free and

Financial confidential assistance, call your Employee
Legal Assistance Program

and speak with a Care

Depression Coordinator:

(713) 781-3364 (800) 324-4327 Marital Problems

Family Problems

Alcohol/Drug Problems

Other Referrals

Your employer has contracted with Interface EAP to provide an Employee Assistance Program.