



Greetings all EAS client employees!

Hello, wonderful EAS employees! Spring has sprung and brought plenty of pollen with it! But we sense that HOPE is also in the air. Vaccines are available, COVID numbers are decreasing and people are feeling hopeful once again.

At EAS we have had a lot of calls for counseling services. Anxiety, depression, financial worries and relationship problems seem to never have an “off” season. Our counselors are professional, experienced and very caring. We are available to help you through face-to-face, telephone or online counseling. Remember, our services are **COMPLETELY CONFIDENTIAL**—your employer does not know who calls us!

Could you use some helpful guidance about finances? Visit our website, www.easbirmingham.com, click on Services, then click on the link under Financial Resource Center. You will find videos, articles, calculators and information on many financial matters, including building a budget, reducing debt, improving your credit score, financial planning and many other topics. You can also connect with a financial coach. As an EAS member, you are entitled to one free hour of financial coaching per separate financial matter.

What about legal questions? Again, visit our website, click on Services, and then the link under Legal Resources Center. There is a wealth of information provided there on legal topics. You are also entitled to one sixty-minute office or telephone consultation per separate legal matter at no cost. Further services are provided at a 25% discount.

Also on the website: Click on OTHER, NEWSLETTER, then on HEALTHY EXCHANGE NEWSLETTER. The Winter issue is now posted and features articles on *8 Tips to Help You Decrease Overeating*, *How Can Family and Friends Help the Depressed Person?*, *What to do if Your Child is Being Bullied*, and under **FOR YOUR INFORMATION**, *Anger Management Tip*, *Myths and Facts (about Alcoholism)*, and *5 Signs That You Need to Bust Some Stress*. There are numerous articles from previous issues available as well. (Click on Articles From Previous Issues under the WELLNESS LIBRARY.)



EVERYONE NEEDS A LITTLE HELP NOW AND THEN—THAT’S WHAT WE DO!

CALL US AT [205-933-7442](tel:205-933-7442).