

YOUR EMPLOYEE ASSISTANCE PROGRAM

**Getting out of money ruts**

Trying to reach a financial goal or change something about your financial situation can be frustrating. We can help you explore practical strategies to form financial habits.

LET US HELP

TOLL-FREE: 1-877-313-4455

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Money Pressures**

**AUGUST 2023**