

Holidays are supposed to be a time of joy, but for some people, the holiday season can be anything but.

Depression may occur at any time of the year, but the stress and anxiety during the months of November and December may cause even those who are usually content to experience feelings of sadness and loneliness.

If you or a family member are experience the “holiday blues,” National EAP is here to help you. Your confidential Member Assistance Program is provided at no cost to you and your family through the I.B.E.W. Local 25 Health and Benefit fund for eligible participants.

Members of National EAP can rely on **confidential counseling & work/life services** to help address a variety of needs, including substance abuse/addiction, depression, anxiety, stress, work, marital/family conflict and child and eldercare concerns.

National EAP also provides **free legal, financial and id theft consultations** with qualified attorneys, financial professionals and id recovery professionals.

You can reach us at 1-800-624-2593 or email [info@nationaleap.com](mailto:info@nationaleap.com).

Also be sure to check out our online services at [www.nationaleap.com](http://www.nationaleap.com). **Log into your member portal with “Local 25” as your username and password.**