

# We All Deserve Mental Peace

*Free &  
Confidential  
Services*



## Counseling Services

Licensed and compassionate counselors at PAS can help in many areas, both in-person or virtually:

- Depression and anxiety
- Anger
- Trauma
- Marital & relationship strengthening and safety
- Grief and loss
- Developing personal boundaries
- Achieving well-being
- And more!

All counseling services are provided free through your Employee Assistance Program  
Call us anytime for more information



Improving the Quality of Life



[mypaseap.com](http://mypaseap.com)



800-356-0845  
24/7



[mypasapp](#)