



# Help isn't just on the way — it's here.

## American Airlines Employee Assistance Program (EAP)

**Are you feeling stressed? Have you got something on your mind? You don't need to look any further for help.**

You can make an appointment today with your on-site counselor. It's easy. And it's free and confidential.

You can get help with anything you want to talk about. People often want to discuss:

- Stress
- Anxiety
- Depression
- Family issues
- Work-life balance
- Decision-making

Your on-site counselor is here to help. Sign up for a free session and ask about options for virtual meetings.



**Cell: 918-260-5329**  
**833-721-2322 (TTY: 711)**  
**[my.aa.com/eap](https://my.aa.com/eap)**

**The EAP is administered by Aetna, a subsidiary of CVS Health.**

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice.