

Employee Assistance Program for Florida Judicial Branch Employees

If you think you could benefit from counseling services for optimum health, you can make a self-referral to the state's employee assistance program currently offered by E4 Health.

E4 Health offers free counseling, resources, and support for total wellbeing.

They provide consultation, resources, and action plans. They can assist with stress, anxiety, family turmoil, substance abuse, and general emotional well-being.

Use of these services is completely confidential.

E4 Health provides **free and confidential** services 24 hours a day, seven days a week.

Call: 844/208-7067

www.sofeap.com

