



EAP Brochures

Building 32, Room 132 , 281-483-6130

The EAP has an extensive list of brochures, for employees who would like information on a variety of subjects. Call the EAP office to inquire whether we have brochures on topics of interest to you.

A Guide to Commonly Abused Drugs
About Addiction
About Alcohol & Alcoholism
Alcoholism & the Family
Alcoholism in the Workplace
Anger Management
Anxiety
Balancing Work and Family
Caring for an Aging Loved One
Children and Divorce
Communication Skills
Conflict Resolution
Coping With Change
Dealing with Anger
Death & Dying
Death in the Family
Depression
Divorce in the Family

Eating Disorders
Family Violence
Grief and Loss
How to Quit Smoking
Identifying Troubled Children
Living with Someone Who is Depressed
Preventing Violence at Work
Relapse Prevention
Sexual Harassment in the Workplace
Smoking and its Effects
Stress
Stress in the Workplace
Suicide
Talking to Young People About Tough Issues
Time management