

## Anxiety and Awareness

Learn about tools and  
strategies to cope

There are ways to cope with  
and manage anxiety in your  
daily life, and we can help.  
Reach out, we can connect you  
to resources today.



Always Available | Free | Confidential

### **LET US HELP**

**TOLL-FREE:** 888-933-1327

**WEBSITE:** [www.NM.ORG/EAP](http://www.NM.ORG/EAP)

**[Interactive work-life website](#)**

**PASSWORD:** FCAC