



Employee Assistance Counseling Program

Caring for Each Other

The Cone Health Employee Assistance Counseling Program (EACP) is a free employer-provided service. Services include: assessment of problems; counseling for individuals, couples or families; counseling for adults, adolescents or children; or referral to other specialized services. All services are confidential and professional; they are not noted in any employee records or shared with managers.

We have three locations:

Burlington

Grand Oaks Center
1238 Huffman Mill Road
Burlington, NC 27215

Reidsville

618 S. Main Street
Reidsville, NC 27320

Greensboro

600 Green Valley Road
Suite 204
Greensboro, NC 27408



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For Information, Appointments, or
Crisis Assistance contact us:
Phone: 336-538-7481 or 877-800-9401
Email: eacp@conehealth.com
conehealth.com/eacp

STRESS and ANXIETY



Anxiety and Stress

Anxiety and stress are a normal part of life. However, when anxiety escalates, it can cause consistent and troublesome worry and fear about everyday situations - often without warning. That's when assistance from a professional counselor may be beneficial.



Know the Warning Signs

The first step is to know the warning signs that anxiety is negatively affecting your life and well-being.

- Having a sense of impending danger, panic or doom
- Sweating
- An increased or “pounding” heart rate
- Feeling weak or tired
- Trouble sleeping
- Trouble concentrating or thinking about anything other than the present worry
- Experiencing the urge to avoid things that may trigger anxiety

Explore Medical Issues

Sometimes, anxiety can be linked to a medical problem, which should be explored with a medical professional:

- Side effects of some medications
- Withdrawal from alcohol or caffeine or a radical change in diet
- A sudden occurrence of anxiety that seems unrelated to life events without a history of anxiety in your family



Address Stress-Related Anxiety

Some stress-related anxiety can be self-managed or easily managed with therapy. Pay attention to what triggers your anxiety and what symptoms you experience. Try breathing, stabilizing or other healing techniques, which can be easily learned, to manage daily stressors and calm your nervous system.

- Be physically active.
- Quit smoking and cut back on caffeinated beverages.
- Learn stress management and relaxation techniques like meditation and yoga.
- Make sleep a priority: Most adults need approximately eight hours of uninterrupted sleep to decrease anxiety.
- Incorporate calming phone apps that focus on anxiety and teach meditation.

Get Help with Life's Challenges

We are all human. Your employer understands the importance of supporting your whole health and having access to a confidential, expert resource to help you manage life's challenges.

Our counseling professionals take the time necessary to help you identify and clarify your concerns, explore potential options and connect you with additional beneficial services, as needed.

If your anxiety and stress are more than you can handle on your own, contact an Employee Assistance Counseling Program (EACP) counselor 24/7 at 336-538-7481 or 1-877-800-9401 (toll-free).