



EAP Support for your Transition Back to Work



Taking a leave of absence can affect many things, from your emotions and finances, to your relationships with family, friends and colleagues.

The transition back to work can also bring on challenges with adjusting to the demands of work, your commute, preparing for conversations with co-workers, and simply getting your body and mind back into work mode.

PG&E is dedicated to supporting your health and wellness, and in providing you with resources to help you with the return to work process. Jooske Stil—a Resource Consultant through PG&E’s Employee Assistance Program (EAP) is available to you for a consultation on how the EAP may be able to provide you with individualized support for your transition back to work.

You may reach Jooske at **415-973-1628**. Alternatively, you may call the EAP hotline 24/7 at **888-445-4436**.

Your participation is voluntary and the initial consultation does not count against your free EAP counseling sessions.

What you may not know about EAP:

- EAP has web-based resources to support you at achievesolutions.net/pgae, including information on [navigating change](#) and [becoming resilient](#).
- EAP services are available to you as well as your dependents.
- EAP can provide you with legal and financial referrals, no-cost consultations, and discounts for continued services.
- EAP is not just for mental health, we can help with a range of work and life issues.