



# Reaching Out



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Source: Effects of Plants at [www.ncbi.nlm.nih.gov/pmc/articles/PMC9224521/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC9224521/)

Important Notice: Information in EAP Reaching Out is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact your employee assistance professional locally at (518) 793-9768.

