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Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

TOLL-FREE:

**800-633-3353**

WEBSITE:

[**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

USERNAME:

**organization specific**

PASSWORD:

**guest**

**Know When – and How – to Help.**

**Recognize when you or a coworker may need support.**

For most of us, stress comes with the job. Sometimes pressure can be motivating. However, stress can escalate into something serious. How do you know when you or a coworker might need help?

You may notice a decrease in productivity, or comments about feeling overwhelmed. You may see physical changes that occur when stress depletes energy for self-care. If so, remember that your Employee Assistance Program can help by providing:

- **Counseling:** Professionals are available around-the-clock by phone to help manage any issue that’s causing stress.

- **Resources and referrals:** If you or a coworker might feel overwhelmed, let our consultants take some of the pressure off by providing resources and referrals for a range of daily living and convenience matters.

**YOUR** EMPLOYEE **ASSISTANCE** PROGRAM

February

***Just call or log on to get started.***

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**