



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

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

February

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

**TOLL-FREE:
800-633-3353**

**WEBSITE:
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