

Your Employee Assistance Program is available 24/7 to help with your and your co-workers' emotional health needs.

TOLL-FREE:

800-633-3353

WEBSITE:

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

USERNAME:

**organization specific**

PASSWORD:

**guest**

**ONLINE SEMINAR**

The goal of this session is to develop and train employees to provide emotional support to co-workers who are facing individual emotional concerns.

Being equipped to be able to respond to peers and support co-workers in a manner that is helpful is an important emotional health skill. An employee may hear news of a recent bereavement of a family member, and look to their teammates for support in the workplace.



**Mental Health First Aid**

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

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**

**Visit your home page starting February 19th:**

February