

LET US HELP

TOLL-FREE: 800.633.3353

WEBSITE: [www.mygroup.com](http://www.mygroup.com) >

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

YOUR MEMBER ASSISTANCE PROGRAM

Build better connections

Many people will feel lonely at some points in their lives. Everyone's experience of loneliness may be unique, but we can help you learn ways to overcome the feeling.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Recognizing Loneliness**

**FEBRUARY 2023**