

YOUR EMPLOYEE Assistance Program SUPPORT PROGRAM

If you, or anyone in your family, has been   
affected by the recent hurricanes, let your   
Employee Assistance Program (EAP) help   
with professional counseling, referrals, and assistance on these topics and more:

• Managing your feelings of stress and loss

• How to support children, elders, and friends

• Relocation and housing

• Disaster relief organizations and agencies

• Steps to financial recovery

• Practical information about cleaning

• Contractors and restoration   
professionals

toll-free: **800-633-3353**

Website: **www.mygroup.com**

USERNAME: **username**

PASSWORD: **password**



Always available. Always confidential.

*Affected by the stress of hurricanes?  
Your employee assistance program can help.*