

YOUR EMPLOYEE ASSISTANCE PROGRAM SUPPORT

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

If you, or anyone in your family, has been affected by the recent hurricanes, let your Employee Assistance Program (EAP) help with professional counseling and guidance. Get support and help with:

- Managing your feelings of stress and loss
- Communicating with children, elders, and friends
- Handling unexpected life events
- Counseling to support proactive efforts for self-care and healthy living

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

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

WEBSITE: www.mygroup.com

