

# Is 2021 Any Better Yet?

2020 was an incredibly challenging year, and you may have simply hoped a New Year would make everything better. Unfortunately, we continue to face the stress, anxiety, and sadness associated with COVID-19, social justice, and political differences.

Make a New Year's resolution to seek the support you need.

**Call your EAP at 1.800.633.3353 to schedule an appointment.**

*Phones are answered 24/7/365, and free, confidential appointments are available in person, virtually, or telephonically.*

**Access your Work-Life Services at [mygroup.com](https://mygroup.com) or download the app.** Resources include discounted legal and financial services, the savings center, and child and elder care locators.