

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

Always Available | Free | Confidential

Logo, company name

Description automatically generated

Active Engagement

Limit feelings of being overwhelmed

Learn how to give your best without burning out. Contact us to learn proactive strategies to manage burnout and overwhelming feelings.

MARCH 2022

YOUR STUDENT ASSISTANCE PROGRAM