

**MAY 2024**

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: organization specific

**Make mental health your priority**

A healthy mind is important to achieve overall wellbeing. We can help you develop effective strategies to maintain or improve your mental health.

**Caring for Your Mental Health**

**YOUR STUDENT ASSISTANCE PROGRAM**

A close-up of a logo

Description automatically generated

ALWAYS AVAILABLE | FREE | CONFIDENTIAL