

OCTOBER 2020



Be Kind to You

Mental health resources are here to help

October brings World Mental Health Day, and with it, a good time to reflect on our mental health.

Do you struggle to remain positive or to recover from setbacks? That's normal. Positivity and resiliency often require work, and sometimes, outside help. Our qualified staff offers confidential consultations to answer your mental health questions and to offer assistance—any time, every day.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL-FREE: 800-633-3353

WEBSITE: www.mygroup.com > My Portal Login > Work-Life

USERNAME: Organization specific

PASSWORD: guest

YOUR EMPLOYEE ASSISTANCE PROGRAM

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.