



# Everyday support for everyday life



You and your household have access to a wealth of resources — and it's all at your fingertips.

Some days it can be tough to manage your to-do list. Did you know you can call on us anytime? Whether you can just use a little extra support or you're going through a crisis, we're here for you.

You, everyone in your household and children living away from home up to age 26 can call for free emotional support and daily life assistance.

## What we do for you

You can call for help with a wide variety of issues. Many members call for help with:

- Stress and anxiety
- Self-improvement
- Emotional wellbeing
- Depression
- Family conflict
- Legal and financial issues
- Alcohol and drug misuse
- Grief and loss

Or maybe you could just use someone to talk to. We're always here. Just give us a call.

## We're here for you 24/7

You can call us 24 hours a day, 365 days a year. So you can access our services in the moment. Or whenever you have a moment. We know life doesn't only happen from 9-5.

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## It's free and confidential to call

Resources For Living services are private and paid for by your employer. If you accept a referral to services that aren't part of our own resources, you may incur a cost for those services.

## Management referrals

If you're referred to us by a supervisor for performance issues, it's called a management referral. Only with your written permission will your employer be made aware of your use of the services.

Your employer still won't receive any personal information. We'll only send reports about whether you're making progress in your treatment. You'll always be aware of the content of any discussions between your provider and your employer.

## You can get started now

Simply give us a call. A specialist can help you find solutions and resources. You can talk about challenges you may be facing. The specialist will work with you to make an action plan. He or she can mail or e-mail you helpful information.

Just need to talk? Call us anytime.

# Resources for Living®