

You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.

Take advantage of these services by calling today. Tear off the wallet card below and keep it handy.

**Resources** for **Living** 

We're here for you and your household members 24 hours a day, 365 days a year. It's free and confidential.

Real solutions for real life

#### The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.

44.02.948.1-RFL D (1/21)

©2021 Resources For Living

**Resources** for Living<sup>®</sup>

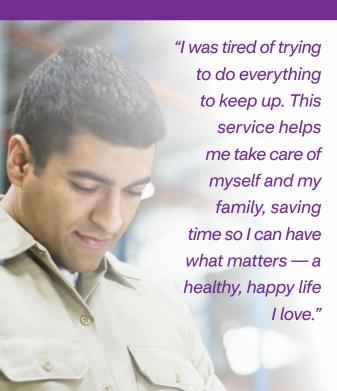
# Life happens.

## Stress less.

# Live more.

### **Emotional support**

#### **Online resources**





**Emotional support** — Talk to someone about what's on your mind. Whatever your goals, our counselors can help you:

- Manage your stress
- · Improve your relationships
- · Cope with depression
- Deal with drug and alcohol issues
- · Reduce anxiety and more

#### Member website —



- Videos
- Articles
- Assessments
- Webinars
- · Podcasts and more

#### Ways to connect with us

No matter what you need, we're here for you.



Counselors are ready to meet with you anytime — We offer face-to-face, video

streaming or in-the-moment support by phone.



Resources For Living

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.

44.02.948.1-RFL D (1/21)

©2021 Resources For Living