

# SUPPORT TO ACHIEVE YOUR BEST



## We can help you achieve your Emotional, Practical and Physical Well-Being

### Talk to a counsellor

- Improving relationships
- Managing life changes
- Improving esteem and confidence
- Achieving work-life harmony

### Connect to local resources

- Childcare needs
- Caring for an elder
- School success
- Legal resources

### Help for staying healthy

- Sleep
- Pregnancy
- Eating well
- Finding a gym

And many other topics.  
Just call us. We can help!

## EMPLOYEE ASSISTANCE PROGRAM

Employee support is provided by Magellan Healthcare, Inc.. The organization is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.

## ACCESS IS EASY AND CONFIDENTIAL

No matter when, no matter where, you have free, confidential support by phone, email or web. Log into the website to get all the information.

TOLL FREE:  
866 590 2350

Cellular or internet based calls may not be guaranteed. Please consider another access method listed here.

CALL-BACK:  
+1 416 775 1844

Call us direct and we will return your call.

EMAIL:  
support@resourcesforyourlife.com

WEBSITE:  
<http://www.magellanhealth.com/global>  
COMPANY CODE: IL

SMS TEXTING:  
+1 647 624 2840

Standard text messaging rates may apply. When emailing or texting, please include your name, your company, your country location, and the phone number where you can be reached.



**Magellan**  
HEALTHCARE<sup>SM</sup>