

# SUPPORT TO ACHIEVE YOUR BEST

## We can help you achieve your Emotional, Practical and Physical wellbeing

### 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 PROGRAMME

Employee support is provided by Magellan Behavioral Health. 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.

DIRECT DIAL:  
866-580-9046

Dial us direct and we will return your call.

EMAIL:  
[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)

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



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HEALTHCARE<sup>SM</sup>

