




 Take the time to take care of yourself.



Employee Assistance Program
Free, confidential help 24/7
800.633.3353
mygroup.com

Reasons to use the EAP:

- Marital or relationship
- Parenting
- Stress
- Work-related concerns
- Depression
- Grief and loss
- Alcohol and drug use
- Preventative

Free, confidential help for personal, work-related, and family concerns.

Call your Employee Assistance Program today to find out more.

704.529.1428 | 800.633.3353

mygroup.com

