



**Need help  
de-stressing?**

**We'll lend you  
an ear.**



Reducing stress levels can be a real challenge – if you go it alone. But now you don't have to. Simply call to work one-on-one with us or go online.

With our help, you can create a plan, develop coping skills, reduce stress and relax. On your time. And on your terms.

**Discover inner strength and resilience.  
The support you need. The results you want.**

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