

# Support to achieve your best

This service offers you and your family support with any work or personal issue, including short-term professional counselling and connecting you to local resources to help you manage emotional, practical or physical needs.



## The service

- is free — no cost to you
- is confidential
- is available in your language
- is available 24 hours a day, 7 days a week, 365 days a year
- can be accessed in multiple ways

## Employee Assistance Programme

Employee support is provided by your employer. 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.



### FREE PHONE: [free phone #]

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



### DIRECT DIAL: 844-773-1425

Dial us direct and we will return your call.



### EMAIL:

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

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



WEBSITE: [benefits.springhealth.com](https://benefits.springhealth.com)

COMPANY CODE: