

Support for your emotional well-being



Imagine you had someone you could talk to any time, day or night. Someone who would listen to you without judging. Someone who could help you find positive ways to handle the issues you're facing.

We're here to be that someone for you.

Emotional support is just a call away

Getting support is easy. Simply give us a call for help with:

- Stress
- Anxiety and depression
- Personal and work relationships
- Family conflict
- Substance misuse
- Coping with change
- Setting goals and more

When you call us, you'll talk to a trained professional. They'll listen and help you consider your options.

Continued support on your schedule

You can get a referral to work with a counselor for multiple sessions. Your plan allows a set number of free visits for each issue. You can choose from face-to-face or televideo options.

And there's no limit to the number of times you can call for in-the-moment support. That's always free and confidential.

Whether you're going through a tough time or working to improve your emotional well-being, we're here for you. Give us a call 24/7/365.

For legal disclaimers, visit [rfl.com/Disclaimers](https://www.rfl.com/Disclaimers).

©2024 Resources for Living
1748620-01-02-RFL (6/24)
RFL-COM-Dist

Resources for Living[®]