

CMG

Associates

Free, confidential support for you and your family

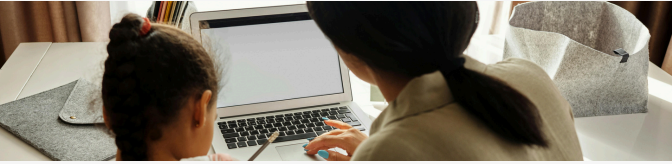
Your *CMG Employee Assistance Program* is a free benefit for you and your family that provides **professional counseling and practical support** on a wide range of issues.



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Support for all of life's challenges: Managing stress • Improving relationships • Couples' support • Parenting • Life changes • Career • Surviving the loss of a loved one • Managing workplace pressure • Improving esteem and confidence • Pursuing personal interests • And more



What assistance is available?

- Short-term counseling sessions
- Referrals to long-term or specialized mental health care
- Referrals to services in your area
- Online tools to support mindfulness and performance

How is this all free?

Because your well-being is important, your employer provides the program at no cost to you.

When can I call?

Day or night, a licensed clinician can help you find the support and services that fit your situation.

And it's really confidential?

Yes! The program is managed by CMG, an organization separate from your employer that does not share details about who has used the service.

Can family use this service, too?

Absolutely. This includes any family member residing inside or outside your home.



Free, Confidential Support



📞 Connect *anytime* at **833-549-3277**

🌐 Log on to **<http://myeap.io/go/Newton>**