

Support for life's challenges



Let's face it. Some days are easier than others. Did you know you can get help anytime? It's easy. Find emotional support, a helping hand or a shoulder to lean on. We're here for you and your household members

Work, life and everything in-between

You can reach us 24/7/365 with just a call. It's free and private. Find help with issues such as:

- Daily stress
- Mental health and well-being
- Anxiety and depression

Simply call us any time for free support

When you call, we'll listen and help identify your needs. You may choose to speak with a local provider. Our network includes:

- Counselors
- Marriage and family therapists
- Substance misuse counselors

You can meet face-to-face or by televideo.

Log on or download our app for more resources

Your member website offers tips and information to help with your overall well-being. Go online to find:

- Videos and podcasts
- Live and on-demand webinars
- Self-assessments
- Articles and more

And be sure to download our mobile app from your device's app store. Simply search "Resources for Living" to install it for free.

The app is filled with tips and tools for reducing your stress. Read new feature articles every month on the go. Check your mood or ask us to give you a call.

Ready when you are

Whether you're at work or out on leave, we're always here to help. Best of all, it's always free and private for you to call us.

**Confidential services available
24 hours a day, 7 days a week.**

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2384261-01-01-RFL (06/24)
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