

# Resources For Living is here for you

Do you ever feel like you could use some extra support? Or maybe you could use someone to talk to when you're feeling worried or down. No matter what you're going through, we can help you find solutions personalized for you.

At Resources for Living, we provide support for mental well-being and everyday life needs. Whether you're at home or in the workplace, we can help you improve your work/life balance, build resilience, manage life events, boost your self-esteem and more. With 24/7 support, we're standing by whenever you need to talk.

Log in to connect with services, and access on-demand webinars, podcasts, videos, articles, self-assessments and much more.

Find support to start living your best life with Resources for Living.

## Resources For Living

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

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