



In today's fast-paced world, juggling work and your personal life—and all the associated demands and pressures—can feel overwhelming. Fortunately, you have somewhere to turn— the CG Support (CG SUPRT) Program.

CG SUPRT helps you resolve personal problems before they negatively affect your health, relationships with others or job performance. You can contact CG SUPRT 24 hours a day, 365 days a year, by calling one toll-free number: 1-855-CG SUPRT (247-8778)

CG SUPRT provides confidential professional counseling, education, and referral services to you and your family members.

CG SUPRT professionals can help you with a variety of issues:

- marital and family problems
- depression and anxiety
- work-related concerns
- career transition issues
- personal growth and development

In addition, CG SUPRT offers value-added life balance services that are seamlessly integrated into a suite of services. This integration enables members, through one toll-free number, to access important resources and expertise that helps them balance work and life issues.

These services can assist you with a variety of issues, such as:

- parenting and child care
- adoption
- K-12 educational concerns
- colleges and universities
- services for older adults
- balancing work and family
- moving and relocation
- pet care

- locating recreational resources

All of this is available through the CG SUPRT toll-free number: 1-855-CG SUPRT (247-8778)

### **More about CG SUPRT . . .**

When you call CG SUPRT, you will speak with an experienced and specially trained counselor who will assist you in getting the help you need.

CG SUPRT counseling is goal-oriented and solution-focused. Depending on your situation, the counselor may suggest additional sessions to help you reach your goals.

If the counselor believes that you need specialized or longer-term counseling, you may be referred to another qualified professional. The important thing is that you decide, along with the counselor, about the action plan that is right for you.

### **Is CG SUPRT confidential?**

Confidentiality is a vital part of the program's success. CG SUPRT was designed to benefit you and your family. Your participation in the program will be treated confidentially in accordance with all state and federal laws.

### **Everyone needs some help every once in a while**

Sometimes, circumstances at home can spill over into your work life, just as difficulties on the job can affect relationships at home. If left unattended, issues that were once minor can become more serious and have a negative effect—both at home and at work.

When times get tough, most of us can benefit from talking through our problems with someone who is experienced and objective. Someone who can help us sort things out . . . a professional who will listen in confidence and help us find a good solution.

CG SUPRT can do just that. All you need to do is call!

### **Is there a cost for CG SUPRT services?**

Telephonic consultation and face-to-face sessions with a counselor are provided at no cost to you. Sometimes, additional counseling, resources, or specialized treatment may involve additional costs; it depends on your health plan benefits.

Your CG SUPRT counselor will research the most appropriate and affordable resources to help meet your needs. Your counselor can help you determine if extended services are covered under your health plan and what the approximate cost of services would be.

Please do not hesitate to use this valuable service whenever you need it. It's easy to access, free, and confidential.

### **Would you like information without seeking counseling?**

For much more information on individual and family support programs, you can also go to the CG SUPRT website at <http://www.CGSUPRT.com>