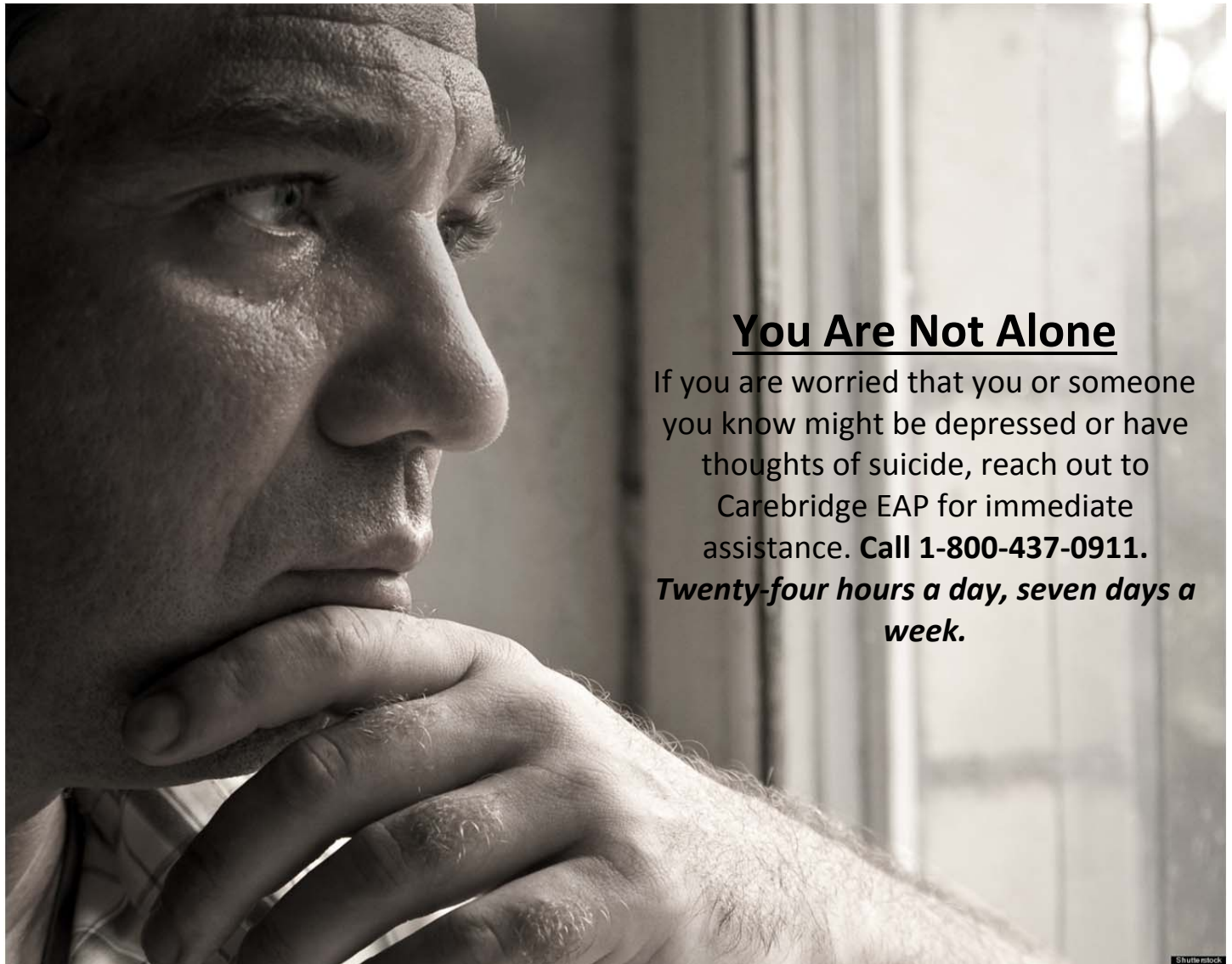




Getting Through Tough Times



You Are Not Alone

If you are worried that you or someone you know might be depressed or have thoughts of suicide, reach out to Carebridge EAP for immediate assistance. **Call 1-800-437-0911.**
Twenty-four hours a day, seven days a week.

Talking openly about suicidal thoughts or feelings can help save a life.