

How to get started with



CG SUPRT

to navigate life's challenges

Solutions • Understanding • Prevention • Resilience • Trust

855-CG SUPRT (247-8778)

www.cgsuprt.com

1



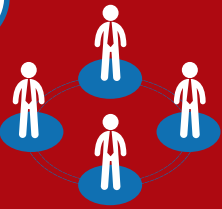
Call CG SUPRT 24/7/365. CG SUPRT offers confidential and voluntary resources to support you with job performance and quality of life.

2



Speak to a professional who will ask several questions to get to know you and understand the purpose of your call.

4



If you have challenges that require additional resources, our professionals will connect you with local resources who offer short-term counseling options.

3



If you are in crisis or need immediate support, our licensed professionals will provide non-medical counseling and professional advice.

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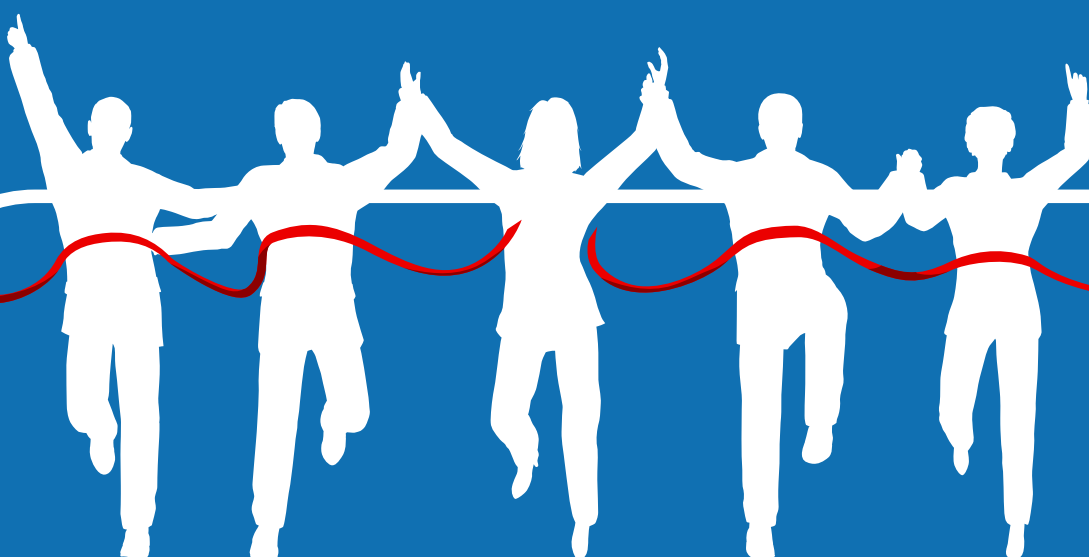


OR our licensed professionals, will connect you with other Work/Life Services, such as legal, financial, or eldercare support.

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CG SUPRT also offers a multitude of online resources that are available to you at no additional charge. Visit us at www.cgsuprt.com or download the mobile app from Apple Store OR Google Play.



Maximize Your Potential