



## Support for Members, Employees & Families

Coast Guard SUPRT provides Coast Guard Active Duty Members, Civilian Employees, Selected Reservists, and their families with comprehensive, non-medical counseling and work-life services. Services are free and confidential, within the bounds of the law. CG SUPRT is available 24/7/365.

### THE PROGRAM INCLUDES THE FOLLOWING SERVICES

>**Counseling:** CG SUPRT counselors are available through the toll-free number 24/7/365. Counselors help with issues such as stress, family problems, relationships, anxiety, depression, work-related concerns, alcohol and substance abuse, as well as other issues that maybe impacting your well-being. Face-to-face counseling is available as well as telephonic, video, and chat.

>**Personal Financial Wellness:** The CG SUPRT financial wellness program provides telephonic Money Coaching and financial consultation. Money Coaches are financial professionals who will guide you in achieving your financial goals. Your coach can answer questions, help you set goals, and make plans to reach them.

>**Legal Services:** Legal services available through CG SUPRT include free consultation provided by attorneys either over the phone or in person. The legal program also includes free simple wills, consultation with a mediator and consultation with a fraud/ID theft specialist. A 25% discount off the mediator or attorney fees for services rendered beyond CG SUPRT is also provided.

>**Education and Career Counseling for Spouses:** CG SUPRT provides Coast Guard spouses, who may be wondering how to develop their careers and how to find good job opportunities, with access to professional career counseling for assistance with career exploration, job search process, resume writing, networking, interview skills and more.

>**Health Coaching:** CG SUPRT offers professional health coaching to help you reach your health goals and stick with them for life. Health Coaches can help with an array of issues such as weight loss, healthy eating, fitness and exercise, tobacco cessation as well as other health and wellness related goals.

>**Resources and Referrals:** CG SUPRT specialists provide consultation as well as resources and referrals for a range of personal needs including childcare, eldercare, adoption, academic, special needs, pet care, and more.

### ON-LINE

>**The CG SUPRT website** offers hundreds of articles, legal library, videos, self- assessments, quizzes, courses, financial tools and much more. You can also confidentially request CG SUPRT services from the site. To access the on-line services, please go to [www.CGSUPRT.com](http://www.CGSUPRT.com)

**(855) CG SUPRT (247-8778) TOLL-FREE | 24/7 ACCESS**  
**INTERNATIONAL: COUNTRY EXIT CODE + 855-247-8778**

You can also confidentially request assistance at:  
[www.CGSUPRT.com](http://www.CGSUPRT.com).