



Your
**Employee
Assistance
Program** is
here for
you.



Employees and family members can call C3 Wellbeing anytime, day or night, for confidential consultation and support.

Life brings stress—at work, at home, and personally. When worries build or challenges feel overwhelming, it's natural to need someone to talk to or help finding trusted resources.

800-445-1195

www.C3Wellbeing.org