

# SUPPORT TO ACHIEVE YOUR BEST



## We can help you achieve your emotional and practical wellbeing.

Talk to an expert about

- Improving relationships
- Managing life changes
- Improving self-esteem and confidence
- Achieving work-life harmony

Request information about

- Childcare needs
- Caring for an elder
- School success
- Finding a gym

And many other topics. Just reach out. We can help!

Support is available 24 hours a day, 7 days a week.

Access is easy and confidential.

No matter when, no matter where, you have free, confidential support via multiple channels. Log in to the website to get all the information.



**Toll Free**  
**1 888 851 7032**

Mobile or internet-based calls are not supported. Please consider another access method listed here.



**WhatsApp**  
**+1 984 920 6875**



**Direct Line**  
**+1 919 706 4551**



**Website**  
**<https://global.helpwhereyouare.com>**  
Company Code: Sotera



**Email**  
**[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)**



**iConnectYou**  
Download the app from iOS or any Android app store and register using the following passcode:  
**253105**

## Employee Assistance Program

Support is provided by Workplace Options, staffed by professionals who are completely independent of your organization. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organization.