



MAY 2024

LET US HELP

TOLL-FREE: 833-549-3277

WEBSITE: www.cmgassociates.com

PASSWORD: Newton

YOUR EMPLOYEE SUPPORT PROGRAM

Caring for Your Mental Health

Make mental health your priority

A healthy mind is important to achieve overall wellbeing. We can help you develop effective strategies to maintain or improve your mental health.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL