

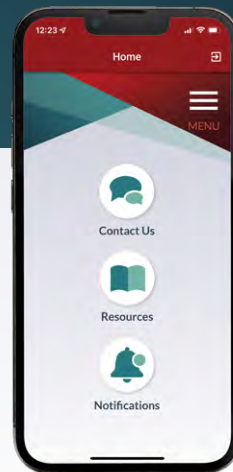
Asking for help is a
SIGN OF STRENGTH,
not weakness.

You don't have to struggle alone.



Suicide and Crisis Lifeline

If you or a loved one are suicidal, in crisis or feeling distress, call or text 988.



Scan to download

Perspectives App

Access counseling and resources to address the stressors that impact your health, in and out of the workplace. Confidential, no cost support for you and your family.

Reach out to your Perspectives Employee Assistance Program (EAP) 24/7

CALL OR TEXT 800.456.6327