

What can I do to improve my relationship with my teenage daughter?

How can I manage my stress and fears about the future?

Why do I feel so restless and have such a hard time sleeping?

Your program can help with free, virtual and confidential resources 24/7/365.

Is it normal to feel this anxious about everyday tasks?



Employee Assistance Program
1-866-580-9046

MagellanAscend.com



Magellan
HEALTHCARE®