



24/7 Counseling Support: [800-413-8008 #2](tel:800-413-8008)

Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.

Balancing Act - Strategies for Mental Health

ONLINE SEMINAR

It is important to maintain a healthy and strong mind for overall wellbeing. Explore effective strategies to improve your mental health. Reach out, we can help.

MAY 2024

To access the online seminar, visit your home page starting May 21st.

- Click this link: <https://helpwhereyouare.com/CompanyLogin/1515/mercy>
- Enter the username and password as shown below:

USERNAME: MSU

PASSWORD: MSU

- Scroll down and click on "Online Seminars"

ALWAYS AVAILABLE | FREE | CONFIDENTIAL
YOUR EMPLOYEE SUPPORT PROGRAM