

FEBRUARY 2023

Tackling Loneliness

ONLINE SEMINAR

Loneliness is the feeling we get when our need for rewarding social contact and relationships has not been met. In this session we will learn practical steps to overcome loneliness and build connections.

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

- Click this link:

<https://helpwheretheyouare.com/CompanyLogin/1515/mercy>

- Enter the username and password as shown below:

USERNAME: MSU

PASSWORD: MSU

- Scroll down and click on “Online Seminars”

24/7 Counseling Support: 800-413-8008 #2

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