

Finding Yourself Through Nature

ONLINE SEMINAR

Taking the path less traveled

Discover the importance of being outside and find your own way to enjoy nature, and increase your wellbeing.

LET US HELP

Visit your home page starting June 21st

- Go to <https://helpwhereyouare.com/CompanyLogin/1515/mercy>
- Enter the username and password as shown
 - ❖ USERNAME: **MSU**
 - ❖ PASSWORD: **MSU**

TOLL-FREE: **800-413-8008 #2**
WEBSITE: www.mbh-eap.com

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Always Available | Free | Confidential



JUNE 2022

YOUR EMPLOYEE ASSISTANCE PROGRAM

Mercy  Employee Assistance Program