

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.



MAY 2025

# Anxiety Unmasked

## ONLINE SEMINAR

Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties.

## LET US HELP

Visit your home page starting May 20th

### WEBSITE:

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

USERNAME: MSU

PASSWORD: MSU

YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

