



Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.** Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

Mental Health Sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, and depression
- Resolve conflict and improve family relationships
- Address substance misuse concerns
- Find support for personal challenges

Sessions are free to use, confidential, and open to family members.

Call: **855-RSL-HELP** (855-775-4357)
Visit: <http://rsl.acieap.com>
Code: RSLI859

