

MLH.FC.10-08.CR.09

FIRSTCALL

Life can be difficult ...
FIRSTCALL can help

The logo features the word "FIRSTCALL" in a bold, blue, sans-serif font. A blue curved line arches over the text, resembling a telephone handset or a protective shield.

1-800-382-2377

www.firstcalleep.org

Main Line Health

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Your Employee Assistance Program

Life can be difficult:

- Job Pressures
- Family and Marital Worries
- Parenting Issues
- Loss of Someone Close
- Financial Questions
- Drug or Alcohol Concerns
- Legal Issues



Sometimes we struggle with:

- Difficulty Concentrating
- Frustration and Anger
- Sadness, Worries or Fears
- Life's Disappointments or Stresses
- Trouble Sleeping or Eating
- Or Just a General Sense of Unhappiness

FIRSTCALL is an Employee Assistance Program (EAP)

FIRSTCALL offers free, confidential consultation to you and your family members. The program's professional consultants can help you find a way to deal with your concerns.

FIRSTCALL is confidential

No one—not your employer, supervisor, co-workers, family or friends—will know about your call or appointment.

FIRSTCALL is free

All of your contacts with a consultant are at no cost to you.

FIRSTCALL is accessible

For plans that include face-to-face consultation, offices are conveniently located near your home or workplace.

FIRSTCALL is easy to use

Just call our 24-hour, toll-free number, **1-800-382-2377** to set up a free and confidential appointment or simply to learn more about how we can help.

