

SUPPORT TO ACHIEVE YOUR BEST

We can help you achieve your Emotional, Practical and Physical Well-Being

Talk to a counsellor

- Improving relationships
- Managing life changes
- Improving esteem and confidence
- Achieving work-life harmony

Connect to local resources

- Childcare needs
- Caring for an elder
- School success
- Legal resources

Help for staying healthy

- Sleep
- Pregnancy
- Eating well
- Finding a gym

And many other topics.
Just call us. We can help!

EMPLOYEE ASSISTANCE PROGRAMME

Employee support is provided by Magellan Healthcare, Inc.. The organization is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.

ACCESS IS EASY AND CONFIDENTIAL

No matter when, no matter where, you have free, confidential support by phone, email or web. Log into the website to get all the information.



COLLECT CALL:
314-387-4800



DIRECT DIAL:
866-580-9078
Dial us direct and we will return your call.



EMAIL:
support@resourcesforyourlife.com



WEBSITE:
www.AFPC.AF.MIL/EAP
COMPANY CODE: Usairforce



SMS TEXTING:
+44 790 934 1229
Standard text messaging rates may apply. When emailing or texting, please include your name, your company, your country location, and the phone number where you can be reached.



EMPLOYEE
ASSISTANCE
PROGRAM

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