

ELECTION 2020

Confidential support is a phone call away



Are you experiencing any of the following related to the elections?

- Increased stress, anxiety, or fear
- Feelings of sadness, hopelessness, or grief
- Relational conflicts with family members or colleagues
- Sleep issues
- Difficulty managing frustration or anger

CCA@YourService offers free, 24/7 access to confidential counseling for you and your loved ones.

If you are experiencing stress or anxiety related to the upcoming elections, **you are not alone**. Were you aware that help from a professional counselor is just a phone call away, courtesy of your Employee Assistance Program? In-the-moment support is available 24/7, and short-term, confidential, telephonic or video counseling sessions can be scheduled at a time that is convenient for you. Reach out today!

TOLL-FREE: **800-833-8707**

WEBSITE: **www.myccaonline.com**

COMPANY CODE: **IPGUS**

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