

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.

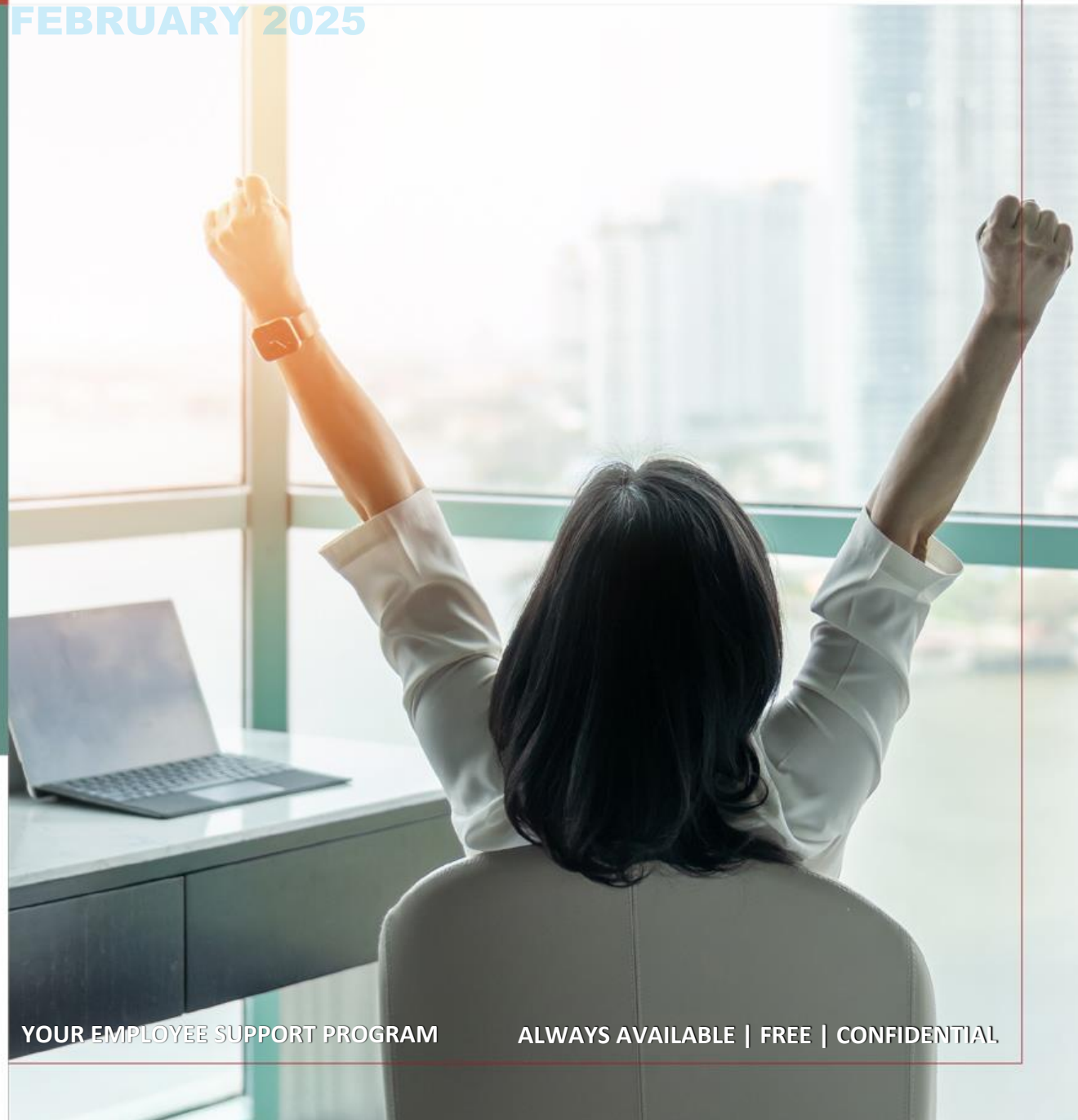


FEBRUARY 2025

Stride Forward

ONLINE SEMINAR

Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.



LET US HELP

Visit your home page starting February 18th

WEBSITE:

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

USERNAME: MSU

PASSWORD: MSU

YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL