

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.



MARCH 2025

Harmony in Motion

ONLINE SEMINAR

Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.



YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

LET US HELP

Visit your home page starting March 18th

WEBSITE:

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

USERNAME: MSU

PASSWORD: MSU