



From too much  
work to too  
little support.



From saying what  
you mean to  
requesting what  
you want.



From talking boys  
with your teen to  
talking men with  
your mom.

# WE CAN HELP YOU WITH **THAT**

Sometimes things don't go as smoothly as you'd like. Maybe you made a misstep at work and need help fixing it. Maybe you're ready for a heart-to-heart with your daughter, but need help getting the conversation going. Or, maybe you could use some advice on how to say "I'm sorry" to your sister. Whatever it is, we can help.

Call 24/7 to schedule a problem-solving session by phone. Speak confidentially with one of our highly qualified consultants. They're mental health professionals who will listen and help you work through whatever challenge you're facing.

**No matter what you need, chances are we can help. Best of all, it's free.**

**GO YOU<sup>SM</sup>**



**Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.**

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