



# BETTER TOGETHER

## Counseling, Mental Health, & Life Resources

*Available to you through your Employee Assistance Program (EAP)*

### BENEFITS EXTEND TO

- Yourself
- Household Members
- Dependents

## GET STARTED TODAY!

### SERVICES AVAILABLE



#### COUNSELING

- 4 Sessions at No Cost
- Licensed & Vetted Therapists
- Virtual or In-person



#### WEBSITE

- Articles & Resources
- Self-assessments
- Financial Calculators, Webinars, and more



Scan this QR code or visit the website below to access online tools



University System  
of Georgia **Benefits**

**CALL TOLL-FREE, 24/7**  
1.844.243.4440  
TTY: 1.877.334.0489

**WEBSITE:**  
[www.USG.MyLifeExpert.com](http://www.USG.MyLifeExpert.com)  
Code: USGCares

