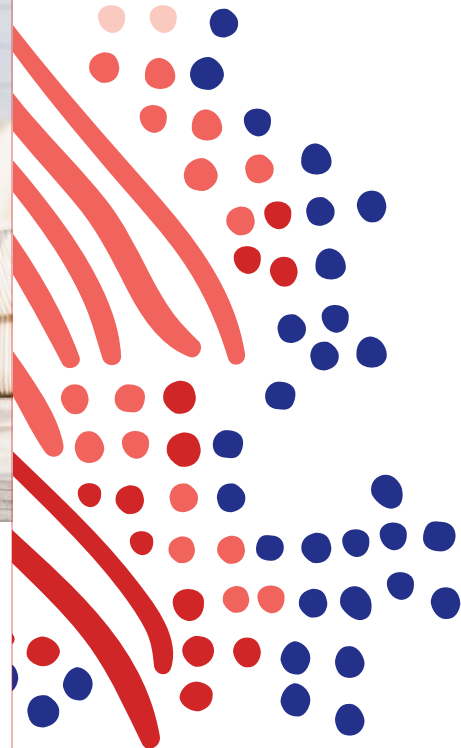


In times of challenge or uncertainty

We have personalized support, tips & tools to help



Always Designing
for People™



Emotional health guidance

As the coronavirus (COVID-19) pandemic evolves, we understand that you may be faced with disruptions and uncertainty. Specialists are available 24/7 to provide the tools and support to help you and your family navigate the challenges during this difficult time. You and your household members can contact us for access to 3 free confidential counseling sessions either face-to-face or on the phone.

We can help you:

- Manage stress and anxiety
- Build resilience
- Cope with uncertainty
- Understand your emotions
- Change your negative thoughts
- Take care of yourself everyday

Call toll-free,
24 hours a day

1-866-574-7256

(1-800-873-1322 TTY).

Please mention your affiliation with ADP TotalSource.

Log in to My TotalSource® and click Myself > Benefits Program > Life Management and select EAP portal.

LifeCare.