



# National Center for Performance Health

## INDIVIDUAL RESILIENCY

### A confidential and free service.

Everyone faces stress at some point in life. We have to do more in less time. We have children, significant others and parents who require our attention. These normal life challenges can become overwhelming and not only affect our everyday lives but also our job performance. We may forget to connect with our family, friends, and co-workers in healthy ways. Our relationships suffer and we feel like we are all alone. There is help.

### Covers a wide range of issues.

FAMILY	WORK	EMOTIONAL	SUBSTANCES	FINANCIAL
Child Caregiver Adult Caregiver Communication Family Conflict Parenting	Career Concerns Interpersonal Job Burnout	Anger Issues Anxiety/Stress Sadness Self-esteem Grief/Loss	Alcohol Abuse Drug Abuse Prescription Drugs	Budget Control Debt Restructuring Legal

Solutions are individually tailored.

### Support is just a phone call away.

**Easy to access.** Reception is our single point of entry. Just call to speak with a professional counselor to see how we can best meet your needs.

**We are available.** 24 hours a day (for emergencies), 7 days a week.

**Free.** There are NO out of pocket expenses for unlimited phone calls and up to 3 face-to-face sessions per year. 9Line LLC cares about you and your family. This resource is provided as an employee benefit.

**Confidential.** All discussions are private and voluntary. Conversations, records of sessions and referrals are held in the utmost confidence, and can only be released with your signed consent.

**Don't be discouraged.** We are here to support you and together we will identify valuable resources to help you find comfort. Many times, sessions with a counselor can be helpful.

**Contact us.** Toll free: 866-684-2007 | [www.NationalCPH.com](http://www.NationalCPH.com)



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