With so many things to do and plan, day-to-day living can feel challenging. At times, you may even feel overwhelmed. Our specialists can provide support, information and resources to help address issues affecting your personal life, work and well-being.

**We can help.**

Contact us for assistance with:

- Stress or anxiety
- Feeling down or depressed
- Substance use concerns
- Medication questions
- Counseling support
- and more

**Is my benefit confidential?**

We'll never share your personal information with your employer without your permission. All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.

**Contact us anytime you need help with any of life’s concerns:**

Log on to [liveandworkwell.com](http://liveandworkwell.com)

Access code: veba

Or call us at: 1-888-625-4809

Specialists are available 24/7.