

# SUPPORT TO ACHIEVE YOUR BEST



We can help you achieve your emotional and practical wellbeing.

Talk to an expert about

- Improving relationships
- Managing life changes
- Improving self-esteem and confidence
- Achieving work-life harmony

Request information about

- Childcare needs
- Caring for an elder
- School success
- Finding a gym

And many other topics. Just reach out. We can help!

Support is available 24 hours a day, 7 days a week.

Access is easy and confidential.

No matter when, no matter where, you have free, confidential support via multiple channels. Log in to the website to get all the information.



Freephone  
8883896040

Mobile or internet-based calls are supported.



WhatsApp  
+1 984 920 6875



Direct Dial  
+1-9846649712



Website  
<http://www.cmgassociates.com/>

Company Code: PCA



Email  
[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)



iConnectYou

Download the app from iOS or any Android app store and register using the following passcode:  
257641

## PCA Workforce Assistance Program

Support is provided by CMG Associates, staffed by professionals who are completely independent of your organisation. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organisation.