



24/7

TEXT-BASED COUNSELING

is available at **800.456.6327**

*Take care of your mental
health and well-being.*

*You don't have to
do it alone.*



Confidential assistance provided at no cost to you.

For access to online resources and information, go to perspectivesltd.com
and click "INDIVIDUAL AND FAMILY LOGIN" at the top of the page.

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