

“I’ve had a hard time managing my stress recently. My family was worried. My wife reminded me I could use a resource her job provides.”



“It was okay that I didn’t work at her job. I learned that Resources for Living was there for our entire household. This included me, our school-aged children and even our adult daughter living out of state can call for support since she’s under 26 years old.”

“So I called. And you know what? I’m really glad I did. I got what I needed to manage my situation — a few free sessions with a counselor and a website full of helpful information. And I got a lot more than that, too. I got peace of mind. Because now I know the people who matter most to me have support if they need it.”



“Thanks for being there for our whole family.”

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3692905-01-01-RFL 8.5x11 (7/24)
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