

STRESS IS THE #1 CAUSE OF HEALTH PROBLEMS TODAY

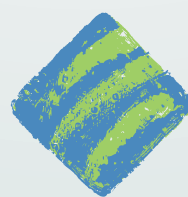
ERC specializes in short-term, solution-based counseling. They offer easy access to professional and confidential counseling services to help resolve personal concerns such as:

- Anxiety
- Depression
- Family
- Marital
- Grief & Loss
- Child
- Work
- Relationships
- Anger Management



These counseling services are paid for by your employer and there is **no cost to you**. In addition, this program is **100% confidential**.

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APPOINTMENT BY CALLING
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COUNSELORS & CONSULTANTS