

SEEKING IMMEDIATE CRISIS SUPPORT?

Call 1-855-933-0103
(TOLL-FREE, 24/7/365)

If there is a risk of imminent danger, please call 911.
Immediately.



[INKBLOT THERAPY.COM/ASEBP](https://inkblottherapy.com/asebp)



Inkblot services are provided through your Employee and Family Assistance Program as part of your ASEBP benefits.

- ✓ Confidential and convenient services for life, work, and health support
- ✓ Connect with qualified counsellors most suited to your needs
- ✓ Voluntary, available immediately 24/7/365, any time, any place

Get the help you need to feel better and live better.