

ONLINE SOLUTIONS

Explore our website at www.CGSUPRT.com for information and support. Here you'll find:

- thousands of articles, tip sheets and checklists
- self-search tools for child, adult and eldercare services, summer camps, schools and more
- access to online consultation
- self-assessments and quizzes
- information to handle life-changing events
- audio clips and videos

ELIGIBILITY

Eligible individuals include USCG Active Duty members, Selected Reservists, civilian employees and family members.



No-Cost, Confidential Support
and Work-Life Services

www.CGSUPRT.com | (855) CG SUPRT (247-8778) | 24/7 Access
International: Country Exit Code + 855-2478778

SOLUTIONS THAT MAXIMIZE HUMAN POTENTIAL

- | | |
|---------------------------------|-----------------------------------|
| ➤ Relationship Issues | ➤ Personal Stressors |
| ➤ Financial Matters | ➤ Operational/Work Related Stress |
| ➤ Legal Issues | ➤ Substance Abuse |
| ➤ Adultcare/Eldercare Resources | ➤ Health Coaching |
| ➤ Childcare Referral | ➤ Education & Career |

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BETWEEN US

CG SUPRT takes privacy seriously and knows information must be safeguarded to assist employees and families with sensitive issues. Our services are confidential within the bounds of the law. CG SUPRT counselors and staff are happy to discuss any confidentiality issues with you.



855-CG-SUPRT
(855-247-8778) Toll Free

Text CGSUPRT at 94091
(Texting is not an emergency service)

TTY: 800-316-9993
International:
Dial Country Code + 855-2478778



CG SUPRT



NAVIGATING LIFE'S CHALLENGES

**Solutions • Understanding
Prevention • Resilience • Trust**

HELP ANYTIME, ANYWHERE

EVERYONE NEEDS HELP FROM TIME TO TIME

When times get tough, most of us can benefit from talking through our problems with someone who is experienced and objective. Someone who can help you sort things out... a professional who will listen in confidence and help you find a good solution.

With CG SUPRT you can optimize readiness, and keep you and your family members afloat.

ACHIEVE PERSONAL SUCCESS WITH CG SUPRT

When you call CG SUPRT, you will speak with an experienced and specially trained counselor who will assist you in getting the help you need.

CG SUPRT counseling is goal-oriented and solution-focused. CG SUPRT counselors and coaches will help assess your concerns and develop a plan of action. The plan may include short-term problem solving with a CG SUPRT counselor or coach, a referral to another resource, or the sharing of information.

You can contact the CG SUPRT 24 hours a day, 365 days a year by calling 1-855 - CG SUPRT (247-8778) or visiting **www.CGSUPRT.com**



WHAT SORT OF HELP ARE WE TALKING ABOUT?

CG SUPRT is an invaluable resource for personal life issues when you may need professional advice or guidance -

- > **Personal and Financial Wellness**
- > **Legal Advice and Services**
- > **Command/Management Consultations**
- > **Telephonic Health Coaching**
- > **Education and Career Counseling for Spouses**
- > **Resources and referrals for personal needs such as**
 - **Adult and Eldercare**
 - **Childcare**
 - **Academic Support**
 - **Adoption**
 - **Relocation**
 - **Physical Fitness/Wellness**
- > **Resources and more**



CG SUPRT COUNSELORS HELP WITH

- > **Family, Marital or Relationship Problems**
- > **Life Adjustments**
- > **Alcohol and Drug Issues**
- > **Crisis Situations**
- > **Operational/Work Related Stress**
- > **Personal Stressors**

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