



You're Not Alone

If you are struggling with loneliness a bit (or a lot), we have a **complimentary, helpful service** to offer you. Join an online support group with others who have similar issues and can offer you **ideas, support, and encouragement.**

Support groups from Integrated Behavioral Health (IBH) are **easy to access** by computer, tablet, or smartphone. They are an IBH EAP enhancement provided by your employer.

Attend up to **10 complimentary online sessions** in a group that suits your needs, including: Addiction Recovery, Depression Recovery, Get It Done When You're Depressed, Depression Support, or Women's Depression Support.

Register for a Support Group

Simply call IBH:

800-386-7055

An IBH care manager will quickly register you online so you can get started soon.

Each group is led by a Certified Peer Specialist who helps everyone get the support they need.



Get Help at Home

When you're not feeling well, sometimes the last thing you want to do is travel somewhere to get help. Online support groups **come to you, wherever you are.**

Support groups from Integrated Behavioral Health (IBH) are **easy to access** by computer, tablet, or smartphone. They are an IBH EAP enhancement provided by your employer.

Attend up to **10 complimentary online sessions** in a group that suits your needs, including: Addiction Recovery, Depression Recovery, Get It Done When You're Depressed, Depression Support, or Women's Depression Support.

Register for a Support Group

Simply call IBH:

800-386-7055

An IBH care manager will quickly register you online so you can get started soon.

Each group is led by a Certified Peer Specialist who helps everyone get the support they need.