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 us sort things out . . . a professional who will listen in confidence and help us find a good solution.

CG SUPRT can do just that.

ACHIEVE PERSONAL SUCCESS WITH CG SUPRT

When you call the CG SUPRT program, 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.

HOW CG SUPRT WORKS

The CG SUPRT program helps you resolve personal problems and life challenges before they negatively affect your health, relationships with others, or job performance. You can contact the program 24 hours a day, 365 days a year, by calling one toll-free number.

The CG SUPRT program provides video, telephonic and online counseling, education, and referral services to you and your family members. Health coaching is offered telephonically or online.

CG SUPRT professionals can help you with a variety of issues:

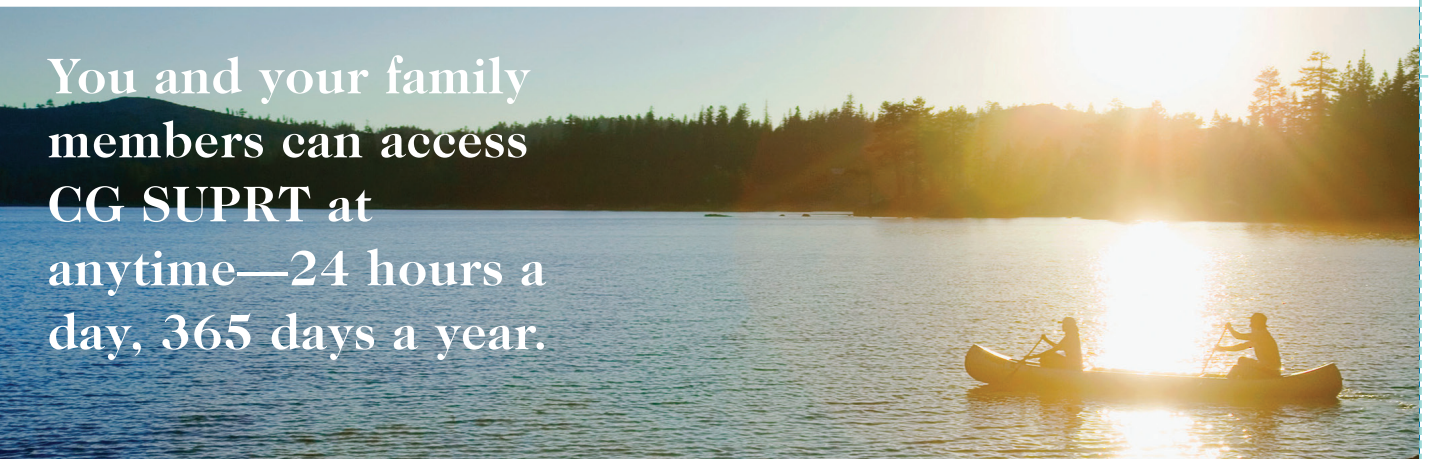
- marital and family problems
- alcohol and/or drug abuse
- depression and anxiety
- work-related concerns
- career transition issues
- personal growth and development
- legal and financial challenges
- balancing work and life demands
- tobacco cessation
- health improvement
- sexual assault

TELEPHONIC/ONLINE HEALTH COACHING

You can partner with a health coach in a thought-provoking and creative process to promote healthy lifestyle change, including losing weight, exercising, eating better and quitting tobacco. With help from your coach, you will establish a vision, clear goals and action steps to achieve your health goal.

PERSONAL FINANCIAL MANAGEMENT

The Personal Financial Management Program has the resources to assist families in many areas such as budgeting, credit & debt assistance, and retirement planning. CG SUPRT professionals can provide One-on-One Money Coaching, Educational Webinars, and Newsletters.



IS THERE A COST FOR THE CG SUPRT PROGRAM?

CG SUPRT telephonic counseling and sessions with a counselor or coach are provided at no cost to you.

Sometimes, in the assessment and counseling process, additional counseling, resources, or specialized treatment are recommended. If you accept these recommendations, you will be responsible for any related costs. Your CG SUPRT counselor will work with you and research the most appropriate and affordable resources to meet your needs, including any coverage by your insurance plan.

Depending on the assessment you receive from the CG SUPRT counselor, active duty members may be referred to the Coast Guard medical specialists to collaborate about receiving longer term care or accessing TRICARE.

Please do not hesitate to use this valuable service whenever you need it. It's easy to access, free, and confidential.

855-CG SUPRT
(855-247-8778)

TTY: 855-444-8724 **www.cgsuprt.com**
International: Country Code +800-02478778

Make your personal action plan for life's challenges, including:

- Work and life balance
- Fulfilling relationships
- Recovery
- Tobacco cessation
- Healthy living
- Financial stability
- Sound mental health
- Child and elder care

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to navigate life's challenges
Solutions • Understanding • Prevention • Resilience • Trust
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Confidential counseling and assistance anytime!

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 and adult care 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 members include USCG Active Duty members, civilian employees, members of the Selected Reserve, and their family members.

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BETWEEN US

Confidentiality is a vital part of the CG SUPRT program's success. Your participation will be treated confidentially in accordance with all state and federal laws. Limitations on confidentiality are explained when services commence.

CG SUPRT upholds strict confidentiality standards. No one will know you have accessed program services unless you specifically grant permission or express a concern that presents the CG SUPRT program with a legal obligation to release information.

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This brochure is for informational purposes only and does not guarantee eligibility for program services. The CG SUPRT program services do not replace regular medical care. In an emergency, seek help immediately.

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CONFIDENTIAL COUNSELING, HEALTH COACHING, EDUCATION AND REFERRAL