

SUPPORT TO ACHIEVE YOUR BEST

We can help you achieve your Emotional, Practical and Physical Well-Being

Talk to a counsellor

- Improving relationships
- Managing life changes
- Improving esteem and confidence
- Achieving work-life harmony

Connect to local resources

- Childcare needs
- Caring for an elder
- School success
- Legal resources

Help for staying healthy

- Sleep
- Pregnancy
- Eating well
- Finding a gym

And many other topics.
Just call us. We can help!

STUDENT ASSIST PROGRAM

Student support is provided by Workplace Options. The organisation is staffed by professionals who are completely independent of your school. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your school.

ACCESS IS EASY AND CONFIDENTIAL

No matter when, no matter where, you have free, confidential support by phone, email or web. Log into the website to get all the information.

FREEPHONE:
1 888 851 7032

Mobile or internet based calls may not be guaranteed. Please consider another access method listed here.

DIRECT DIAL:
+1 919 706 4551

Dial us direct and we will return your call.

EMAIL:
support@resourcesforyourlife.com

WEBSITE:
<http://global.resourcesforyourlife.com>
SCHOOL CODE: flatiron

SMS TEXTING:
+1 919 593 9364

Standard text messaging rates may apply. When emailing or texting, please include your name, your company, your country location, and the phone number where you can be reached.

ICONNECT YOU

Download the app from the App Store (iOS) or Google Play (Android) and register using

PASSCODE:
10065



// **FLATIRON SCHOOL**