

Stress Alert for PANJ Members!!!

You **are able** to remedy unmanageable problems at work, within the family or with other important relationships. Help is available. We have identified qualified counselors to offer you compassionate and confidential treatment.

If you or your loved one has one or more of the following health care complications

- Persistent Sleeplessness
- Chronic Stress
- Disruptive Anger
- Impaired Energy Level
- Concentration Difficulties
- One or More Addiction Problems
- Adolescent Substance Use Issues

Ask for Terry Livorsi at 1-888-828-7826 for a private consultation. He has had over 15 years experience in member assistance. He is certified to provide necessary job protection while union members are getting the appropriate help needed. Terry is committed to helping you find ways to improve your situation, address your needs confidentially and obtain timely quality care.

For more information visit www.hcams.net