



Answers. Support. Peace of mind.

Experience a free benefit for active state and municipal employees* — the **Mass4YOU** Employee Assistance Program. The program is designed to support your work-life balance by connecting you to resources that promote the overall well-being of you and your family.

When life throws a lot at you, Mass4YOU is here to help.



Call
1-844-263-1982



Scan the QR code or visit
supportfinder.optum.com
(access code **mass4you**)



Download the **Support Finder** progressive web app: Open mobile browser and type supportfinder.optum.com/mass4you to get started (access code **mass4you**)

It's free, confidential and available 24/7. Get support for:

- Financial or legal concerns
- Workplace or relationship issues
- Stress, anxiety or depression
- Child and elder care questions
- Help with alcohol, tobacco, gambling or drugs
- Parenting and family problems
- And much more

Mass  **YOU**

Your Employee Assistance Program

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