

It's OK to not be OK.

Courage

Taking care of yourself
so you can take care
of others.



Talking about it NOW is crucial.
PAS Counselors provide rapid
response, with immediate support

24/7/365

Let's talk

(800) 356-0845

Call if you need to:

- debrief
- decompress
- recover
- or, just talk

- Marital/family relationships
- Stress
- Depression
- Anxiety
- Trauma
- Mood changes
- Sleep problems
- Addiction
- Anger
- Grief & loss
- Suicidal thoughts