



University System of Georgia Benefits



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ESPYR

For an overview of our
Employee Assistance
Program's website, visit

www.espyr.com

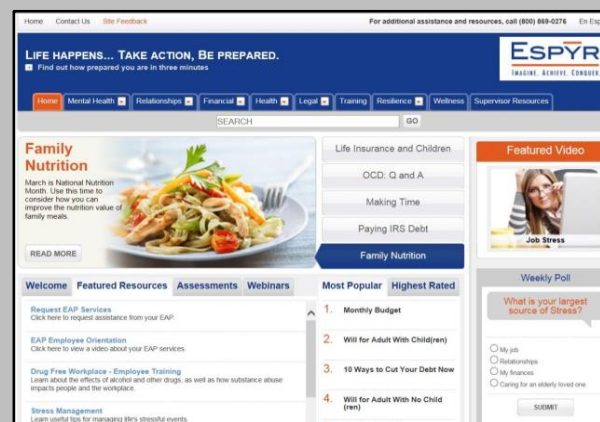
and sign in using password: **USGCares**

We invite you to visit **The University System of Georgia's** EAP website. The website is a resource available to help you and your family to build resilience and get answers to some of life's toughest questions. You may even confidentially request no-cost EAP services from the site.

Each day we are faced with events that can have an effect on us, both personally and professionally. Whether it is childcare, financial, legal, health, or emotional issues, the effects are often felt in all areas of our life. In order to better prepare us for all the challenges we may face, the EAP has compiled information to educate and enlighten in all major life areas. The website offers assessments, videos, quizzes, trainings, articles, calculators, and more.

Topics covered include:

- Emotional Wellbeing
- Relationships/Parenting
- Health and Wellness
- Financial education
- Legal matters
- Personal/Professional Growth
- Plus monthly, live Webinars



Visit the EAP website at www.espyr.com
Enter your company id/password: **USGCares**
You may also contact the EAP at (888) 960-3305.