



# Your life's journey—made easier

Your program offers no cost, confidential services to help with checking off daily tasks and more complex issues, too.

- Coaching to help you achieve your goals
- Counseling for family & relationships, stress, grief and other issues
- Mobile apps for help with depression, anxiety, insomnia and substance use
- Additional services are also available to help get you on the right path
- Available 24/7/365 to you and your household members

Give us a call or learn more  
at [MagellanAscend.com](http://MagellanAscend.com)

SACRAMENTO  
COUNTY

Employee Assistance Program  
**1-800-327-0632**