

# When something's missing from life or work, we're here.

## What we offer:

Short-term, face-to-face or telehealth counseling sessions FREE to you and eligible family members to solve personal problems and workplace issues that affect your ability to work safely and effectively. Our counseling services are available no matter where you work or live.



All services are confidential



24/7 phone assistance



**TEAM**  
Wellness at Work



218-727-8589  
651-642-0182  
800-634-7710  
[startwithteam.com](http://startwithteam.com)

TEAM is your complete  
healthcare partner.



You and your family can turn to us for any mental health concerns, counseling for you and your family, health diagnosis, concerns, and nutrition goals. We will jump into action on your behalf- whatever your situation calls for. It's simple, dependable high-quality support FREE as part of your existing benefits.

## What can you trust TEAM for?

### Counseling services for:

- Alcohol or Drug Problems
- Depression/Anxiety
- Behavioral Concerns
- Relationship Challenges
- Family and Parenting Issues
- Grief and Loss
- Stress Management
- Job-Related Difficulties

### Care Coordination Services to help:

- Schedule appointments
- Coordinate medical records
- Food resources
- Transportation resources
- Legal consultation
- Financial consultation



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