

# You're committed to taking care of others, **LET US HELP TAKE CARE OF YOU**



## **Why Is Home Instead, Inc. offering a support line?**

The Home Instead® Assistance Program is here for you. Use it when you need help with life's challenges. Whether it be losing a client and having a difficult time addressing your feelings. Whether it be dealing with a difficult case. Whether feeling overwhelmed at work and at home - the Home Instead Assistance Program is there for you.

## **Who Is Charles Nechtem Associates, Inc.?**

We're balance finders, problem solvers and caretakers. Home Instead Assistance Program is a network of experts and counselors from Charles Nechtem Associates, Inc. with 40 years of experience providing services to caregivers. They are psychologists, social workers, alcohol and drug counselors, marriage and family therapists and have the experience and connections to give you a hand with whatever you need. Home Instead Assistance Program is private, confidential and is always available.

## What does the support line offer?

- Unlimited phone and e-counseling
- Referral services to local resources
- Referrals to local clinicians in the member's insurance network for face-to-face counseling, if necessary
- 24/7 access to mental health professionals without the use of hold, transfer or triage services



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## How do I access the support line?

**Call 1-800-531-0200 or email [inquiries@charlesnechtem.com](mailto:inquiries@charlesnechtem.com) any time of the day, any day of the week.**