# YOU ARE NOT ALONE

Are the pressures too great?

Have you lost hope?

Don't know where to turn?

TOTAL CARE NETWORK, INC (215) 425-8140

Call

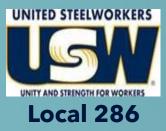
All calls are Confidential

Monday - Friday 9am-5pm

**Emergency On Call Service Available 24/7** 

A service provided by your Union

Drug



SUPPORT

EMPOWER

PURPOSE

HOPE

STRENGTH

MEANING

# Emotional Difficulties

# Depression

Stress & Anxiety

#### Relationship Issues

Eating Disorder

Anger & Rage Issues

# Addiction

#### Alcoholism

# Gambling Problems

COPING SKILLS

CHANGE