

***If you're experiencing any of these
or similar difficulties,
Posaction® Plus can help.***

- You are away from work more frequently due to illness.
- You are having trouble managing your stress.
- You feel like you're in constant conflict with those around you.
- Your personal problems are preventing you from functioning normally.
- You are becoming more irritable for no apparent reason.
- You are feeling less energetic.
- You tend to see only the negative side of situations.
- You tend to have trouble seeing the positive side of change.
- You are having trouble producing the same amount and quality of work as before.
- You have been off work for a while now, and are not feeling any better, etc.



POSACTION **Plus**

Professional Assistance Referral Service

HELP IS JUST A PHONE CALL AWAY.

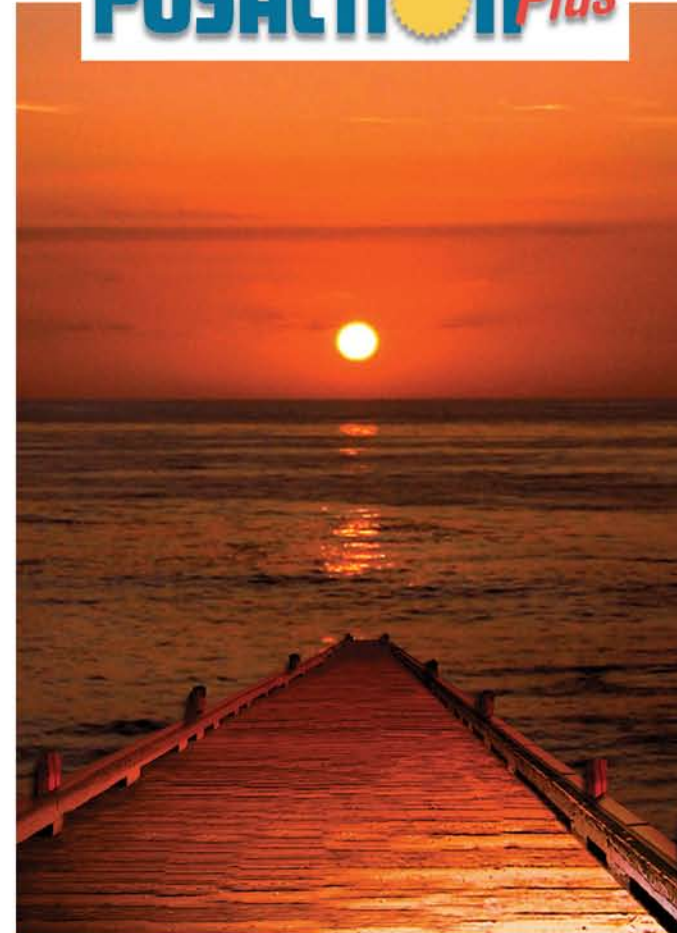


**Service in English
1.800.668.0193**

**Service in French
1.800.361.9569**

Posaction® Plus services are provided by a national network of specialists qualified in the psychosocial professions. These counsellors are chosen for their skills and experience by Solareh, Services for Progress in Human Resources Inc. www.solareh.com

POSACTION **Plus**



**Professional Assistance
Referral Service**

