

# Are you burned out?

Signs of burnout can include feeling overwhelmed or irritable, experiencing headaches, not sleeping well and having trouble coping with everyday things.



Contact your program for free and confidential assistance today.

**Wellbeing coaches** are certified experts who can provide unbiased support to help you make positive changes in your life.

**Counselors** are available to meet with you in person or virtually to help you tackle life's challenges.

The **Digital Emotional Wellbeing Program** includes assessments, activities, videos and skill builders for preventing burnout, improving your relationships, thriving at work and more.



Scan the QR code to visit [MagellanAscend.com](https://MagellanAscend.com) and select your employer to access your benefits or call your DON CEAP at 1-844-DON-CEAP (TTY 711) to get started.

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