

**Subject:** Your Mental Health Matters  
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**From:** Church Pension Group  
**To:** Kwan, Michael

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## Find Support That Fits Your Needs

If you've been feeling anxious, emotionally stretched, even overwhelmed, you're not alone. At various stages of life, many of us struggle with daily responsibilities, relationships, or the demands of caring for a loved one.

Thankfully, confidential support is available, and you can choose to engage in a way—and at a pace—that feels right for you.

Quantum can connect you with personalized resources and help you find options tailored to your needs. Just log in or register to get started.

To register for a Quantum account:

1. Sign in to [MyCPG Accounts](#)
2. Click on "Access Quantum Health"
3. Confirm your information.

### Teladoc Mental Health

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24/7 virtual access to confidential care from psychiatrists, psychologists, and counselors

### Employee Assistance Program

[Learn More](#)→

10 free annual sessions per issue—on everything from burnout to substance use

### Quality Provider Search

[Find Now](#) →

Information about mental and other provider cost, quality, and patient experiences

### On-Demand Webcasts

[Watch](#) →

Live and on-demand webcasts on mental health, mindfulness, parenting, and more!

**Sign up and access your benefits today!**

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