



September brings
colorful change and the
excitement of a new
season!

*Savor the crisp cool air,
bright sun, and fresh
beginnings!*

For free and confidential counseling resources, contact your local ESSP
Representative

or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822

Hello
September

Embrace the Changes

- Cooler temperatures and vibrant colors:
 - Take walks and enjoy nature.
- A new school year and new opportunities:
 - Set goals for what you want to achieve.
- Seasonal fun:
 - Visit pumpkin patches and apple orchards for seasonal enjoyment.



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IF YOU NEED ASSISTANCE...

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**HELP
SUPPORT
QUESTION
ASSISTANCE
ADVICE
GUIDANCE**