CENTERSTONE

Dear AES Team,

In light of the recent tragic events, we know many of you may be experiencing a range of emotions — shock, sadness, confusion, or grief. During such difficult times, it's important to remember that you don't have to navigate these feelings alone. Help is available.

Through AES's Employee Assistance Program (EAP), confidential counseling and therapy services are available to support you and your loved ones. Qualified mental health professionals are here to help you process what has happened, manage stress, and find healthy ways to cope in the days and weeks ahead. These services are available at no cost to you and are completely confidential.

If you would like to learn more or get connected with a therapist, please contact Kelly Tyler, HR Manager, for a referral, tyler@aessys.biz or 931-729-6616

Centerstone, a nonprofit health system specializing in mental health and substance use disorder services, is honored to partner with AES to provide compassionate care and emotional support to those who need it most. Please don't hesitate to take advantage of this resource. And please remember, reaching out for help is a sign of strength.

With care,

The Centerstone Team