

# 健康边界



划定边界是一种很好的做法。当您说明您能够接受和不能接受的事情时，他人就会知道您的界限在哪里。对此，我们可以为您提供帮助。



## 免费电话

800 130 1950

手机或网络电话通话质量取决于服务商，若不顺畅，请考虑以下其他方式。



## WhatsApp

+1 984 920 6875



## 直拨

+65 6692 0848



## 网站

<https://sap.helpwherewyouare.com>

公司代码: UMB



## 电子邮件

[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)



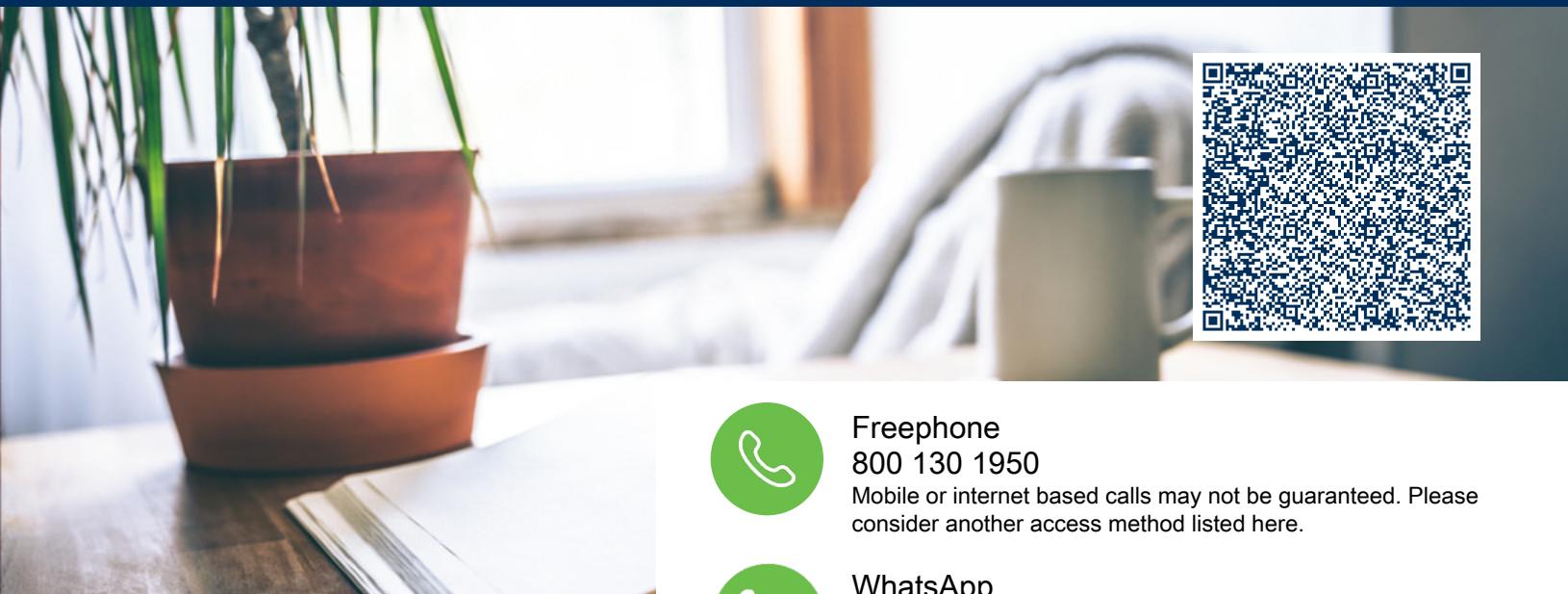
## iConnectYou

请从iOS或任何Android应用程序商店下载此应用程序，使用以下密码注册：  
238758

24\*7随时随地，全天候支持

员工支持由Business Health Services-BHS, 我们是由专业人员组成、完全独立于您机构的第三方机构。按照行业规定，我们严格执行保密原则，不会透露任何使用本服务人员的信息。任何信息由您自主提供，我们不会将您的信息透露给您所在的机构。

# Healthy Boundaries



Setting boundaries is good. When you explain what you are okay with and what you are not okay with, people will understand your limits. We can help.



Freephone  
800 130 1950

Mobile or internet based calls may not be guaranteed. Please consider another access method listed here.



WhatsApp  
+1 984 920 6875



Direct Dial  
+65 6692 0848



Website  
<https://sap.helpwherewerouare.com>  
Company Code: UMB



Email  
[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)



iConnectYou

Download the app from iOS or any Android app store and register using the following passcode:  
238758

SUPPORT IS AVAILABLE 24 HOURS PER DAY, 7 DAYS PER WEEK

Support is provided by 'Business Health Services-BHS, staffed by professionals who are completely independent of your organisation. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organisation.