

# 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.



WhatsApp  
+1 984 920 6875



Direct Dial  
+351 2 1454 2186



Website  
<https://sap.helpwhereyouare.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:  
246577

**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.