

Reach out for support any time

We know life can be so busy that you end up last on your own list of priorities. But your emotional wellbeing matters. Taking care of you helps you take better care of everyone who depends on you. That's why we're here 24/7 to offer support and resources. It's confidential and free for you and all your household members.

What happens when you call:





In-the-moment support over the phone

If you've got an issue you can use some help with, a counselor will work with you right when you call.

Note: If you're feeling suicidal or at risk of harming yourself or others, call 911 or immediately seek care at the nearest emergency room.

Access your free sessions

- If continued support would be helpful, simply tell us about your needs and we'll provide you with contact information for providers who can help.
- We encourage you to confirm with your behavioral health plan to see if the provider is contracted in the event you continue beyond your free visits.
- Call the provider to make an appointment, or if you decide to look for a different provider, call us back.

Some options you can choose from include:

- **Face-to-face.** Work with a counselor in person. Your plan comes with a set number of free visits per issue per year.
- **Televideo.** Meet with a counselor from home — virtually. Simply use your computer and internet connection.
- **Chat.** Exchange messages with a counselor. One week of texting counts as one session.

Access support online, too

Engage with a variety of self-paced resources on your own or in addition to counseling.

- Visit the member website and select **tools > self-paced support** to learn about mindfulness at home, at work and to increase resilience.

So many things in life can affect your overall health and wellbeing, from relationships and work to stress and how you deal with it.

Now more than ever before, you can tell us how we can help you. You've got access to services in person, remotely and on demand. And you can give us a call anytime.

If this is an emergency, call 911 for emergency services or call 988 or text HELP to 741-741 to connect with a crisis counselor.



Get started today

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