

Your employer provides access to confidential, professional mental health support – at no cost to you.



Scan to book a session with a licensed therapist



In crisis? Call or text **988** for the Suicide & Crisis Lifeline. Text “HELLO” to **741741** for the Crisis Text Line. **Call 911** if you or someone you know is in immediate danger.



Support for:

- Stress, Anxiety and Depression
- Relationship and Family Challenges
- Grief & Loss
- Work-Related Stress
- Substance Use and Addiction
- Life Transitions and Personal Growth