



Mental Health Awareness

Taking care of your mental health is important to maintaining your overall health and well-being

The Health Advocate Employee Assistance Program (EAP) provides no cost, confidential mental health support to you and your family.

Counseling Services



- Support for relationships, financial/legal issues, stress, depression, and substance abuse
- Confidential counseling sessions (6) available in person or virtually (by telephone, chat, text or video)
- National network of over 62,000 licensed professional counselors

24/7 Crisis Support



- 24-hour Emergency Hotline available to employees, spouses/OEIs, dependents, parents, and parents-in-law
- "In-the-moment" support for personal issues, including a professional clinical assessment

Work/Life Support



- Specialists can locate resources to help employees with a broad range of work/family issues, including childcare, eldercare, financial issues, and legal concerns



Online and Mobile Resources

- Digital Cognitive Behavior Therapy (dCBT), which helps users manage stress, anxiety and depression
- Webinars on goal setting, budgeting, mindfulness, stress, grief and loss, resilience and more
- Financial calculators and other resources focused on issues like budgeting, estate planning, debt management and identity theft
- Financial Fitness Center that includes a Financial Fitness Checkup, information on savings and investments, and hundreds of interactive tutorials on key financial health topics



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