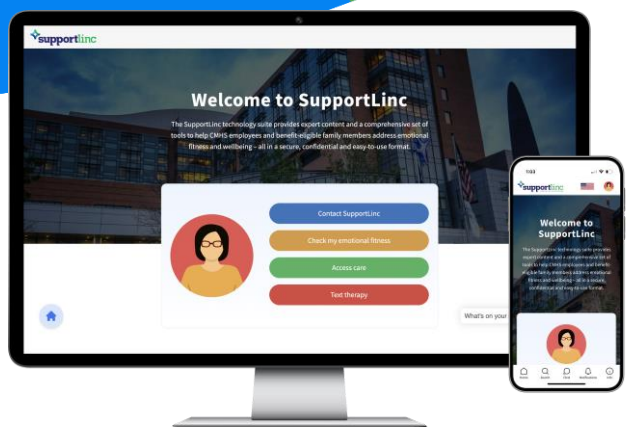
Coming January 1, 2026

Emotional wellbeing and work-life balance resources to keep you at your best



In-the-moment support
Reach a licensed clinician by phone 24/7/365 when you call for assistance to resolve emotional concerns such as stress, anxiety, depression, burnout or substance use.

Short-term counseling
Receive a referral for no-cost in-person or virtual (video) counseling sessions with a counselor.

Coaching
Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.

Work-life benefits
Access expert consultations for financial and legal issues. Receive convenience referrals for everyday needs such as child or elder care, pet care, home improvement or auto repair.

Confidentiality
Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.

Your web portal and mobile app
- Create a personal profile to quickly access support from a licensed clinician.
- Receive recommendations and care options based on your unique needs.
- Exchange text messages with a Coach.
- Attend anonymous group support sessions on a variety of topics.
- Strengthen your mental health and wellbeing at your own pace with self-guided digital therapy.
- Discover flash courses, self-assessments, financial calculators, career resources, articles, tip sheets and videos.

Start with Mental Health Navigator
Take the guesswork out of your emotional fitness! Visit your web portal or mobile app to complete the short Mental Health Navigator assessment. You'll instantly receive personalized guidance to access care and support.

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Support for everyday issues. Every day.