



# Personal login & personalization

Resources *for* Living<sup>®</sup>

# Homepage

From the homepage, members will find information and a link to create their personal account.

**Resources for Living**

Find support   Español   Search  


24/7 Confidential support  
1-XXX-XXX-XXXX, TTY: 711

Life & relationships   Mental health & addictions   Resource centers   Career & workplace   Tools   Services

## Cheer

Give yourself the gift of happy holidays

[Learn more](#)



## Create your personal account



You can set up a personal account to easily find information that matches your interests. From managing stress and anxiety to childcare and more, you'll get articles, videos and other tools added to the homepage to quickly find the resources you need.

- [Create your personal account](#)
- [Login with a personal account](#)

# Personal account registration

The link to creating a personal account will take a member to the registration page.

The registration page will gather basic contact information and email address that will be used as the member's personal login ID.

## New User Registration

\* Marked fields are required

Please enter the information below.

First name \*

Last name \*

Email address \*

Password \*

Date of birth \*

Zip code \*

Phone number

Gender

Relationship to primary member \*

Your email address serves as your username. We also need your email address in case you lose your password and need to reset it.

Passwords must contain between 6 and 20 characters with at least 1 number and 1 letter.

Your date of birth will help customize your site experience.

- Male
- Female
- Non-Binary
- Prefer not to answer

- Self
- Spouse/Partner
- Child
- Parent/Legal Guardian
- Household member: extended family
- Household member: non family

I agree to the [Terms of Use & Privacy Policy](#)

Submit

Cancel

# Personal account confirmation

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Once the registration form is submitted members will see the confirmation page with instructions to check their email to confirm and login.

The screenshot shows the 'Personal account confirmation' page on the Resources for Living website. The page features a navigation bar with the following items: 'Life & relationships', 'Mental health & addictions', 'Resource centers', 'Career & workplace', 'Tools', and 'Services'. The main content area displays the title 'Personal account confirmation' in a large, bold font, followed by the text: 'Thank you for signing up for a personal account. Please check your email for a confirmation message to confirm your account and login.' The top right corner of the page includes a search bar with the text 'Find support', a language selector for 'Español', a search icon, and a user profile icon. Below the search bar, the text '24/7 Confidential support' and '1-XXX-XXX-XXXX, TTY: 711' is visible.

# Personal login

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The email login link will take them to a personal account login screen.

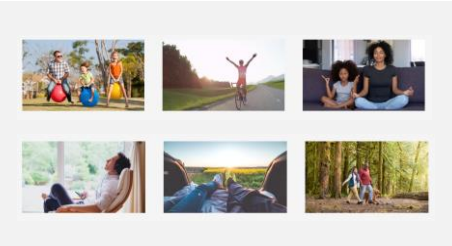
The screenshot shows a login interface with a purple header bar containing the text "Login to your personal account". Below the header, there are two input fields: "Email" and "Password". The "Password" field includes a small eye icon on the right side. Below the input fields is a purple button labeled "Secure Log In". At the bottom of the form area, there are two links: "Forgot password?" and "Login tips".

# Personalization

Once a member logs in they can then click on Personalize my page to select topics of interest to add to their homepage.

The screenshot shows the top navigation bar of the Resources for Living website. On the left is the logo "Resources for Living". On the right are links for "Find support", "Español", and "Search" with a magnifying glass icon and a user profile icon. Below the navigation bar is a horizontal menu with categories: "Life & relationships", "Mental health & addictions", "Resource centers", "Career & workplace", "Tools", and "Services". The main content area features a large article titled "Cheer" with the subtitle "Give yourself the gift of happy holidays" and a purple "Learn more" button. To the right of the article is a photograph of a man and a woman in winter gear standing in a snowy forest.

## Your topics of interest



Select the topics that matter to you – like parenting, stress, relationships and more – and we'll personalize your homepage just for you.

[Personalize my page](#)

# Selecting topics

Members can choose to turn personalization on or off at any time.

They can choose to up to 6 topics of interest at a time.

## Personalize your page

Your interests and needs may change with the different stages of life. We want to make it easy to find what you're looking for.



Your interests and needs may change with the different stages of life. We want to make it easy to find what you're looking for.

You can choose to turn on your personal content at anytime. Once you turn on personalization, you'll find articles of your topics of interest easy to find right on the homepage.

Turn on personalization for your account?

Yes  No

Select up to six topics that interest you most.

- |  |  |   |
|--|--|---|
| <input checked="" type="checkbox"/> Loneliness & isolation | <input type="checkbox"/> Suicide prevention      | <input checked="" type="checkbox"/> Parenting |
| <input checked="" type="checkbox"/> Stress                 | <input type="checkbox"/> Alcohol & Drug use      | <input type="checkbox"/> Childcare            |
| <input checked="" type="checkbox"/> Burnout                | <input checked="" type="checkbox"/> Grief & loss | <input type="checkbox"/> Eldercare            |
| <input type="checkbox"/> Anxiety & Worry                   | <input type="checkbox"/> Relationships           | <input type="checkbox"/> Financial planning   |
| <input type="checkbox"/> Depression & Sadness              | <input type="checkbox"/> Wellbeing & resilience  | <input type="checkbox"/> Legal concerns       |

Save my personal topics



# Personalization

Once they click save that will take them back to the homepage where their topics of interest will be displayed.

View additional resources will go to the personal topics page providing additional resources on those topics.

The screenshot shows the 'Resources for Living' website. At the top left is the logo 'Resources for Living'. On the top right, there are links for 'Find support', 'Español', and a search icon. Below these is the text '24/7 Confidential support 1-XXX-XXX-XXXX, TTY: 711'. A navigation bar contains the following categories: 'Life & relationships', 'Mental health & addictions', 'Resource centers', 'Career & workplace', 'Tools', and 'Services'. The main content area is titled 'Your topics of interest' and features six resource cards arranged in a 2x3 grid. Each card consists of a representative image and a text link with a right-pointing chevron. The cards are: 1. 'Depression: Tips for recovery' with an image of a woman covering her face in distress. 2. 'Breaking up is hard to do' with an image of a woman sitting on a couch looking thoughtful. 3. 'Guide for understanding and preventing suicide' with an image of a man's silhouette against a sunset. 4. 'Podcast: Parenting teens' with an image of two women smiling. 5. 'Video: Alcohol treatment options' with an image of a man speaking. 6. 'Burnout' with an image of a man holding his head in his hands. At the bottom of the grid is a link 'View additional resources' with a right-pointing chevron.


Resources for Living


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Life & relationships Mental health & addictions Resource centers Career & workplace Tools Services


## Your topics of interest


  
[Depression: Tips for recovery >](#)

  
[Breaking up is hard to do >](#)

  
[Guide for understanding and preventing suicide >](#)

  
[Podcast: Parenting teens >](#)

  
[Video: Alcohol treatment options >](#)

  
[Burnout >](#)

[View additional resources >](#)





# Personalization

The list of resources, or “Your topics of interest” page will highlight additional resources from your topics of interest.

It will also include a link back to the personalization form to make updates at anytime.

The screenshot shows the 'Resources for Living' website. At the top right, there are links for 'Find support', 'Español', and a search icon. Below these is the text '24/7 Confidential support 1-XXX-XXX-XXXX, TTY: 711'. A navigation bar contains the following categories: 'Life & relationships', 'Mental health & addictions', 'Resource centers', 'Career & workplace', 'Tools', and 'Services'. The main heading is 'Your topics of interest'. Below it, a paragraph states: 'Your interests and needs may change with the different stages of life. Find articles, videos, webinars, podcasts and more on the topics you've personalized for wherever you are in life.' This is followed by the question 'Have a recent change or interested in a new topic?' and a link: 'Visit the personalization form to update your topics of interest here >'. To the right of the text is a large image of a smiling woman with curly hair wearing a yellow patterned shirt, looking at her smartphone. Below the main heading, there are two columns of content. The left column is titled 'Depression' and features an image of a person with long red hair seen from behind, looking out over a lake towards a forested hillside. Below the image are four links: 'Depression: Strategies for managing moods >', 'Depression: More than the blues (video) >', 'Depression assessment >', and 'Understanding postpartum depression (webinar) >'. The right column is titled 'Parenting' and features an image of a man in a grey shirt kneeling to interact with a young girl in a pink tutu. Below the image are four links: 'Building self-esteem in your children >', 'Parenting teens (podcast) >', 'Forget the Brady Bunch: The truth about blended families (webinar) >', and 'Helping kids manage their anger (video) >'.

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## Your topics of interest

Your interests and needs may change with the different stages of life. Find articles, videos, webinars, podcasts and more on the topics you've personalized for wherever you are in life.

Have a recent change or interested in a new topic?

**Visit the personalization form to update your topics of interest here >**



### Depression

Depression: Strategies for managing moods >

Depression: More than the blues (video) >

Depression assessment >

Understanding postpartum depression (webinar) >

### Parenting

Building self-esteem in your children >

Parenting teens (podcast) >

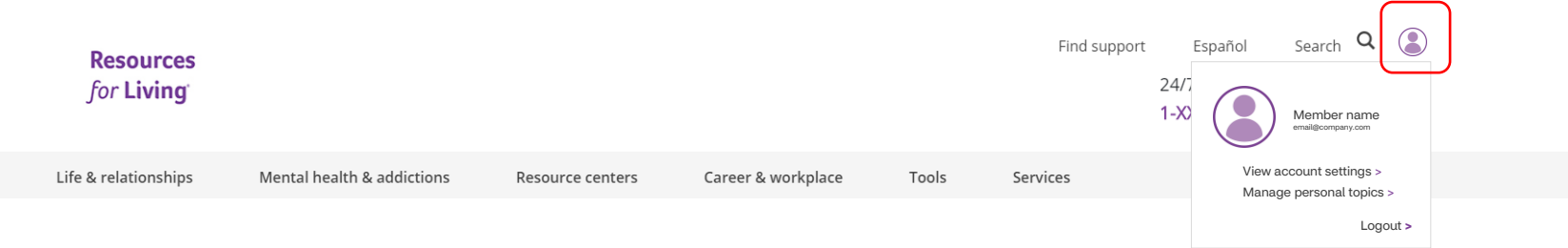
Forget the Brady Bunch: The truth about blended families (webinar) >

Helping kids manage their anger (video) >

# Personal account profile

## Your personal account

A member can change their personal profile settings at anytime by clicking on the Personal account icon and from the info drop down that appears, select "View account settings". They can also select "Manage personal topics" to edit those, or "Logout" to logout.



### Profile settings

**First name \***

**Last name \***

**Email address \***

**Password \***

**Date of birth \***

**Zip code \***

**Phone number**

**Gender**

**Relationship to primary member \***

Edit settings

Change password