

Help is standing by

Resources for Living offers support and resources that can help you with:

- Stress, anxiety and depression
- Trauma, grief and loss
- Relationships and parenting
- Self-improvement and personal development
- Workplace issues and more

You and all members of your household have confidential support at no cost, 24/7. Children living away from home are covered up to age 26.



Visit your member website to get started.
Tear off the wallet card below and keep it handy.

Resources *for* Living



**We're here for you and
members of your household
24 hours a day,
365 days a year.**



**Support for your
mental well-being
and everyday needs**



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Resources
for Living

Resources
for Living

24 hour confidential access

Support throughout life's journey



Mental well-being support

In-the-moment counseling support — When you need someone to talk to right now, we can help. Call and we'll connect you with a counselor who can help you with in-the-moment support and assistance. We're available 24/7/365.

Counseling sessions for emotional support — Talking with a counselor can help you manage the issues you're facing. You have access to free and confidential sessions. Choose to see the counselor face-to-face or through televideo.

Virtual therapy with Talkspace — Use your sessions to get matched with a therapist and connect virtually. Send secure text messages or schedule video sessions with a counselor online or through the Talkspace mobile app.



Legal and financial support

You have a free 30-minute consultation with a legal or financial expert. Call us for support with:

- Debt management
- Estate and tax planning
- Credit repair
- Family and elder law
- Mediation
- Identity theft and more



Help with everyday needs

Specialists can help you balance work, life and everything in between. Find solutions for everyday issues, including:

- Child or elder care
- School and college planning
- Caregiver support
- Basic needs and more



Mind Companion Self-care

Access a digital self-paced mental well-being program that provides support anytime. You'll find sessions filled with videos, interactive questions and relaxation exercises to help you manage:

- Stress and anxiety
- Sadness or depression
- Relationship goals and concerns
- Sleep issues
- Work/life balance
- Substance misuse and more



Your member website

Visit your member website to learn about all the resources and services available to you.

Get connected to counseling options, find tools and documents for legal and financial support and access self-help tools. You'll find content to motivate and inspire you:

- Webinars, podcasts and videos
- Self-assessments
- Articles and blogs
- Community resources and more

Visit your member website to get started today.



Resources for Living®

Resources for Living is your place to start for all of your mental well-being and everyday needs.

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