

Resources for Living®



What do healthy relationships mean to you?

Healthy Relationships Month reminds us of the importance of positive social connections. Healthy relationships of all kinds benefit our health and mental health.

**We're here 24/7 for you
and your household
members.**

(800) 848-9392 (TTY: 711)

Visit your member website

Organization Username: pcsb

Access Code: eap

View the monthly features



How healthy are your relationships?

Learn about the characteristics of healthy relationships. Reflect on the quality of your current relationships.

Watch the video



Establishing healthy relationships

Positive social connections can enhance your life. Learn tips for establishing healthy relationships.

[Read article](#)



Building relationships that survive and thrive

Read about strategies for coping with challenges in a relationship and growing stronger as a couple.

[Read article](#)



Foundations of good coworker relationships

Building positive relationships with coworkers can make a major difference for your well-being at work.

[View infographic](#)