

# Caring for you in all ways. Always.<sup>SM</sup>

Health Advocate is here to help you and your family with any health or well-being issues. You get access to experts who will do the work to ensure that you get the right information and assistance at the right time. We're here for you no matter what, to help with anything you need anytime you need it, in the language and communication channel you're most comfortable using.



## Access confidential support for mental and emotional health needs

- Learn what counseling options are available and which type may work best for you: phone, in-person or virtual
- Find long-term help from qualified professionals and treatment centers

## Build skills to better cope with the challenges in your life

- Work through issues that impact your life and well-being, like relationship and family conflicts, stress, anxiety, depression, substance abuse, and more
- Develop a plan to feel happier, healthier, and more in control

## Get resources to help you better balance work and life

- Locate the right resources for help, including childcare, eldercare, relocation support, time management, and more
- Get guidance from specialists for legal and financial issues

## Get help anytime, anywhere online or through our mobile app

- Quickly connect with an advocate in real time through chat
- Explore webinars, online courses, and articles on a variety of mental and emotional health topics



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