

# Resources for difficult times

Life has many ups and downs. While strong coping strategies can make a big difference in the way you go through challenging life events, there may be times that call for a little more support and guidance. Your program offers a variety of services, resources and tools to help with mental health, emotional and financial wellness.

## Key features

- ✓ Free for you and your household members
- ✓ Completely confidential service provided by a third party
- ✓ Available 24/7/365

Getting the help you need, when you need it, can lead to a happier, more productive life.

## Visit us online

The member website features all of your programs and services in one place, along with resources to enrich your daily life.

- **Provider search**—Research providers near you. Narrow down your provider choice based on gender, specialty, virtual meeting capabilities and more.
- **Explore services**—Learn more about all the services available to you by clicking on each program tile. Find information on child and elder care, resiliency, community resources and more.
- **What's Trending**—Get the latest news on trending topics such as COVID-19 resources as well as monthly mental health tips.
- **Featured topic**—View the monthly live webinar and newsletter.
- **Learning Center**—Find articles, videos and webinars on a wide range of mental health, emotional and physical well-being topics
- **App library**—Browse self-care apps for anxiety, depression, virtual therapy and more.



## Call us

If you or your household members need help, contact us anytime and we will help you find the right services to meet your needs. No situation is too big or too small.

Your program can help with a variety of issues including:

- Anxiety and stress
- Depression and grief
- Financial and legal concerns
- Parenting and relationships
- Substance misuse



**Personal Resiliency Program**  
**800-424-4268 (TTY 711)**