



## Connect with a counselor online anywhere

### Your issues are unique and counseling should match that.

You have the option of meeting with a counselor anywhere at your convenience with televideo — or even on the phone. It's simple. Just use your webcam with any computer or smart device that's connected to the internet.

#### Call on us for help anytime

What would you like to work on? When it comes to using your free sessions, you've got more options than ever before. And there's no need to leave home to work with the same counselor for multiple sessions. You can get help with:

- Anxiety and depression
- Family and relationship issues
- Caregiving
- Time management
- Work-life balance and more

When you call us for a referral, you've got new choices. Televideo makes it easier than ever to see a counselor on your schedule.

#### The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.

#### Support made easy

Like face-to-face sessions, you and your counselor can see each other and work on reaching your goals. It's the next best thing to being in the same room. Without the drive time.

You can still see a counselor in person. Your provider can help you determine which option is a good fit for you. With televideo, you can:

- Build rapport together with your counselor
- Fit sessions into busy days
- Cut out any travel time and expense
- Skip the waiting room

Now you can decide where you want to use your free counseling sessions. So you can be at home while we help you feel at home.



# myStrength™: The health club for your mind

Now you can use myStrength to help enhance your emotional wellbeing. myStrength is a new kind of online wellness portal. You can use it to support your mind, body and spirit. Best of all, it's a free part of your program.

## Strengthen your whole self

myStrength offers tools to improve your emotional health and help you overcome depression, anxiety, stress, substance misuse and/or chronic pain. Once you set up myStrength, you'll log on to a home page created just for you. myStrength is:

- Clinically proven
- Free and available 24/7
- Easy to use
- Confidential

Read articles, watch videos and try eLearning programs. Or just get inspired by the daily quote.

## Give the mobile app a try, too

Get inspired on the go. With the myStrength mobile app you can:

- Get custom inspiration right on your smartphone
- Track your mood over time
- Upload your own inspiring photos and videos
- Opt to receive check-in reminders

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All EAP calls are confidential, except as required by law. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change.

## Easy sign-up

- Register for myStrength right from the link on your member website
- Start exploring all that myStrength has to offer

*“myStrength.com is a great wellness tool for your mind, body and spirit! I love the daily inspirational quotes and wellness articles. [It's] a great way for me to proactively take care of myself.”*

— myStrength user

