

It's hard to feel mentally well,
especially right now.

All these responsibilities...
What if I mess up?

Caring for my family
in a pandemic is
overwhelming.

How can I
keep up?

What resources are
out there for me?

I could really use
some support
emotionally.

Connect with your own dedicated Care Coach who provides customized resources to help you and your loved ones stay emotionally grounded during COVID and beyond.

As licensed/certified healthcare professionals, our Care Coaches support you with:

- ♥ Researching providers (counselors, psychologists, life coaches, etc.) based on your price needs, location, specialties and insurance for yourself or loved ones who you're supporting.
- ♥ Exploring supportive mindfulness and mood tracking resources.
- ♥ Offering guidance and support as you process the stress, anxiety and uncertainty that comes with caring for yourself and others.
- ♥ Providing education and information on relevant employer-sponsored mental health benefits.
- ♥ Helping you understand and feel confident in your care options when you feel lost and uncertain about the next steps you need to take.
- ♥ Identifying emotional support resources (daily routines, limiting screen time, family bonding ideas, etc.) to come alongside your loved ones as COVID continues to impact our social rhythms.