



Support your employees' mental health with a consumer-grade, interactive online experience that's engaging and easy to use, with interactive activities, useful information, and quick access to needs-based resources.

Benefits

- Helps employees find help for themselves and loved ones – easily and quickly.
- Builds awareness and understanding to normalize mental health stigmas and stereotypes.
- Empowers employees to face their emotions, stay centered, and navigate mental issues head on.
- Provides real-life tips and expert guidance to improve one's mental well-being.
- Centralizes resources that often are hard to find into a topic-specific app.

Features

- Empathetic language and soft illustrations to support and encourage employees during challenging times.
- Dynamic navigation to quickly find help for yourself or someone close to you.
- Easy access to professional hotlines for crisis-based guidance and support.
- Education, tools, and resources on eight timely mental health topics.
- Interactive games that create an engaging experience and reinforce self-help skills.

With the pandemic, social upheaval, financial insecurities, and many other day-to-day worries, there are good reasons why employees feel added stress, anxiety, lack of productivity, and a host of other mental health concerns. They want an answer to the question we're all asking these days: **Where can I turn for help?** This tool is the start.

Consider these pandemic facts:

Mental health was the **#1** concern of workers under 35

40% of US adults experienced mental health issues

The percentage of adults reporting symptoms of anxiety and depression **tripled**

