

Caring for your mental health

Mental health has a major impact on our overall well being, and even physical health. Everyone experiences feelings of sadness, fear, and anxiety, but sometimes these emotions lead to larger psychological or social problems.

Your Employee Assistance Program (EAP) offers a wide range of support and resources to help you, available at no extra cost:

Individual and family counseling
Peer assistance
TADA (Tactical Assistance and Decision Aid)

Your EAP also includes access to Learn to Live, a set of digital tools you can use to help improve your emotional well-being.

These resources can help you recognize the signs of mental health problems, find the help you need, and learn healthy, lifelong habits:

Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions. You and your household members each receive visits per issue per year.

Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

Online support

Search for “mental health” on the website to read articles that can help you and your loved ones.