

When life gets complicated, support shouldn't be

Life comes with challenges — some expected, some not. And while you may handle a lot on your own, you don't have to handle everything alone.

Emotional Wellbeing Solutions is your employee assistance program, offering confidential support for you and your household. Whether you're facing a stressful situation, sorting through decisions, or just need someone to talk things through with, help is always available.

You'll connect with trained wellbeing specialists who take the time to listen, understand what's going on, and help you explore next steps that make sense for you.

Skip the search when you need childcare, home repairs, eldercare, or other community resources—WorkLife Services can provide a vetted list. You'll also get access to helpful articles, videos, and tools online at no extra cost for everyone in your household, including children living away from home.



24/7 availability

Confidential

No cost to you

Supporting everyday life



To learn more, scan the QR code or visit:

**[supportfinder.optum.com/
61570](https://supportfinder.optum.com/61570)**

More information about what's available to you

WorkLife offers direct access to experts and referrals to a broad spectrum of prescreened and qualified convenience resources. Get referrals for childcare and parenting, convenience services, life learning (including school or career support), car and home repair, and adult, eldercare, or caregiving services—and more.



Emotional Wellbeing Solutions:



Relationship problems



Caregiver support



Workplace conflicts and changes



Stress, anxiety and depression



Parenting and family issues



Legal and financial concerns



You can also access five coaching and counseling sessions either in person or virtually with a provider in our large network – at no cost. All conversations are confidential, and we never share your personal records with your employer or anyone else without your permission.

To get started call
1-866-248-4105

Or visit

**[supportfinder.optum.com/
61570](https://supportfinder.optum.com/61570)**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply. Stock photos. Posed by models.