



**FOCUS ON
WELLBEING**



**EMOTIONAL
WELLBEING**

Lifestyle EAP

- Up to 6 free confidential counseling sessions from licensed mental health professionals & a broad range of services to help guide you and your family towards a better health, wellness, and life balance
- Support when experiencing life changing events such as substance abuse, family or marital concerns, psychological or emotional upset, financial or legal problems, eldercare support, adoption resources, and identity theft protection & recovery

Note: Must be enrolled in medical plan to use this resource - Covered dependents are also eligible

800-989-3277 24/7 telephonic support

www.lifestyleeap.com

Login: JF14 / Password: lifestyleeap

Empathy Resources from MetLife

join.empathy.com/metlife

201-720-1584 / Download the Empathy app and use access code **MET23**

- Grief support and funeral & obituary assistance
- Probate & estate settlement
- Assistance closing open accounts

Must be enrolled in a MetLife Life insurance plan or be a beneficiary.

Project Healthy Minds

- Browse resources based on Emotional State such as Stress, Depression, Trauma, Grief, or Relationship Issues
- Also browse by Resource Type such as Meditation, Sleep, Exercise, Therapist Directories, and Helplines

Projecthealthyminds.com/guide

RightDirection

- Crisis textline / hotline and Free online resources

RightDirectionForMe.com

Call: 800-273-8255 or Text: 741741

Findhelp - The Social Care Network

- Social care network based on location
- Free and reduced cost social services such as financial assistance, food pantries, and medical care

www.findhelp.org - Search by zip code

Please visit joann.myben.site or Ally > Your Top Apps > My Benefits for more information regarding mental and emotional benefits support.