Resources to help you live a better life



You have unique needs. That's why we've got one-of-a-kind solutions.

You, everyone in your household and children living away from home up to age 26 have access.

Short-term counseling to meet your goals

Everyone needs a little extra help now and then. You and your eligible family members can meet with one of our network counselors. It's free and confidential.

You can get counseling face-to-face or by televideo to help with issues like:

- Relationships
- Stress and anxiety
- Setting and reaching goals
- Work/life balance and more

Learn more about counseling services here.

Legal and financial services

Access legal and financial guidance from qualified professionals, including a free initial consultation for each issue.* We can help you with issues like:

- Divorce and child custody
- Identity theft
- Estate planning
- Tax planning
- Debt and budgeting
- Mediation and more

You can also access our online legal and financial library.

Find out more about legal services here.

Learn more about financial services here.

*Legal services beyond initial consults are provided at a reduced rate.

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Resources *for* Living®

Online resources

Healthy living tips are a click away. Just go to your member website to find:

- Depression Resource Center
- Videos, webinars and podcasts
- Articles on a wide range of topics
- Digital tools and more

Get information and ideas for living a happy, healthy and productive life. The website is available in both English and Spanish.

Learn more about your member website here.

Daily life assistance

The right resources can go a long way toward making your life easier. Save time and stress with worklife services. We'll help you find:

- Child and elder care
- School and college planning
- Caregiver support
- Convenience services and more

Learn more about worklife services here.

The Discount Center

You have access to great savings nationwide. Get reduced rates on:

- Brand name products
- Travel, hotels and car rentals
- Fitness and nutrition services and products
- Concert and event tickets

Learn more about the Discount Center here.

And remember these special features

Access Plus	Choose a licensed therapist from our vast network for virtual or face-to-face support for your emotional well-being. **Find out more here.**
Mind Companion Self-care	You have access to evidence-based support tools to help manage depression, anxiety, stress, substance misuse and more. **Get more details on digital self-paced support here.**
Leader's Center	Finding resources to help managers support their teams has never been easier with the Leader's Center. You'll find resources to help support teams, access information about management services, recognize signs of suicide risk, prevent burnout and more. **Click "Resources for leaders" on your member website's home page.**

Members are saying things like:*

"Reduce my stress? That sounded like a dream — until I learned about my benefits. Now I know where to go for help with things like finding child care, managing debt, saving on big purchases and more. I can talk to an expert when I'm feeling down or upset. Help is at my fingertips all the time. Thanks for the less-stress lifestyle!"

Simply call or log on today.

1-800-342-8111, TTY 711 / resourcesforliving.com
Username: TBS / Password: EAP

*This is a representation of member responses and does not reflect an actual participant.

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