# What can your member website do for you?



**Your member website is all about you and your everyday needs.**

Access to the website is free for you and your household members. You'll find a wide array of articles, videos, podcasts, live and on-demand webinars, assessments and more. Categories include:

| | | |
|---|---|---|
| **Mental well-being** | • Depression<br>• Suicide prevention | • Mental health awareness<br>• Addictions and more |
| **Life and relationships** | • Parenting and education<br>• Child and eldercare provider searches | • Balancing work and family<br>• Pets<br>• Caregiver support and more |
| **Workplace** | • Diversity and inclusion<br>• Handling change | • Helping your coworkers<br>• Navigating your career |
| **Resources** | • Self-assessments<br>• Life's moments blog<br>• Community resources | • Think Tank podcast<br>• Video health center<br>• Webinars and more |

And check Resources > View your services to learn more about your benefits.

## You have a world of information right at your fingertips. Log on today.

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

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