

How are you feeling?

 Equity Residential



PsychHub provides education as the first step and the foundational key to effective personal change. It is a free library of short, animated videos focused on improving mental health literacy and reducing stigma about seeking care. To get started, watch a series of videos available through *Live and Work Well*. Access the full public video library directly by [clicking here](#).



Sanvello is a free mobile app with clinically validated techniques and support to help you relieve stress and deal with anxiety. Access guided meditation, mindfulness practices, support to recognize unhelpful thoughts, and strategies for dealing with stressful situations. Check out [this video](#) to learn more.

For Equity medical plan members: Click on “Upgrade via Insurance” > “Through your insurance FREE” (to avoid being charged, do not click on “Upgrade via Self-Pay”). When prompted to enter your health insurance provider or employer, enter “UnitedHealthcare”. Then, enter your group and member numbers on your medical ID card to access the premium features at no cost to you.



LifeWorks is a confidential resource that supports your mental, physical, social, and financial wellbeing to help you be your best and most productive self. Offering *free* counseling sessions, consultation, information, and personalized community referrals. Equity provides up to 5 free counseling sessions for all employees and their family members, per year per presenting matter. Access 24/7 by calling 866-695-6327, visiting login.lifeworks.com, or by downloading the [App](#).



Something on Your Mind? Message a dedicated therapist any time, anywhere. With **Talkspace** online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. To find a Talkspace provider, download the Talkspace app on your mobile phone or desktop computer. Learn more [here](#).



Employees enrolled in an Equity medical plan with UHC have access to **Behavioral Health services, including Behavioral Health Virtual Visits**. To get connected to a counselor that meets your needs and preferences, call 866-606-6751. You will be asked a few questions to better understand your situation and treatment needs and will be connected to a counselor that best matches your preferences.



Employees enrolled in an Equity medical plan have access to this anonymous resource support line. Call the **Substance Use Treatment Helpline** at (855) 780-5955. Available 24 hours a day, callers have access to a substance use recovery advocate who will listen, provide support, and develop a personalized recovery plan. Members may visit liveandworkwell.com/recovery to find care options and resources.