

I'm feeling overwhelmed and need help coping

resources for U.S.-payroll employees



Employee Assistance and WorkLife Services is a free, confidential consulting service that can help you resolve a broad range of personal, family and work-related concerns or problems.



A confidential and anonymous online mental health screening tool is open to you and your family members.

Learn about basic tips you can use to help support mental health and manage emotions you may experience.

Join Mindfulness sessions on the Worklife WorkPlace group. Mindfulness is bringing purposeful attention to the present moment. Focusing our attention on the present can help us take on challenges and respond instead of react.



meQuilibrium is an app-based program that can teach simple skills to help you navigate stress and build greater resilience to times of challenge and change.



Your Mental Health and Substance Use Disorder Plan provides access to **mental health services** in person or by **telephone** and **secure video**.



The Fatigue Management site includes awareness training and skill development exercises to help you understand the physical and psychological factors that impact human performance.

If you are struggling to balance work and personal needs, contact your supervisor and HR business partner.

