

2022 Benefit Contact Information for Emotional Wellbeing Resources

Benefit	Employee Assistance Program
Vendor	Resources for Living
What does this program do for you	Access one to one counseling, aid in a time of crisis or simply a little help with any of life's challenges.
Phone number	1-877-851-2022
Web URL	www.mylifevalues.com (ID: Newscorpbenefits; password: benefits)
Name of Mobile App on Apple Store or Google Play	Resources for Living

Benefit	Mental Health & Therapy Resources
Vendor	AbleTo
What does this program do for you	8 week program proven to reduce stress, anxiety, chronic pain, and depression to improve your medical health.
Phone number	n/a
Web URL	www.ableto.com/newscorp
Name of Mobile App on Apple Store or Google Play	AbleTo

Benefit	Text-based Therapy
Vendor	Talkspace
What does this program do for you	10 weeks of text based chat for those looking to improve mental wellbeing
Phone number	1-877-851-2022
Web URL	www.talkspace.com
Name of Mobile App on Apple Store or Google Play	Talkspace

Tags: Website Telephone number Contacts

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