

alight

The holidays can be a busy time - don't hesitate to check in on yourself



Take advantage of your benefits!

Take a moment for your mental health this holiday season with resources to support your emotional wellbeing

With work, family, friends and the holidays, it can be tough to balance it all. Don't go at it alone. Here are some mental health providers I can connect you with:

- Psychologists
- Psychiatrists
- Therapists/Counselors

Psychiatrists are the only specialists from this list who can prescribe medication. The rest provide some sort of counseling and other non-prescription therapies.

Coverage for mental health services can be confusing. As your [Health/Benefit Pro], I can research options and verify your coverage for anything from general counseling to substance/alcohol abuse treatment.

