mental health

Mental Health services provide employees with easily accessible support for their overall well-being.

The Mental Health services offer confidential counseling and resources, fostering a healthier, more resilient workforce. Available at no cost to employees, these services are crucial in helping them manage stress, balance life demands, and maintain productivity.

Service Highlights

- **24/7 access to master's level clinicians** provides employees with free real-time mental health support when they need it.
- **Signature Care Coordination** ensures employees are matched to providers based on their needs and assists them in scheduling their initial counseling or coaching session.
- **Our mental fitness app** offers live group sessions on various well-being topics, AI coaching, self-assessments, and many other resources to boost well-being.

Service Enhancements

EAP: Gain case management, ongoing follow-up, referrals, expert consultation for managers, and more.

Work-Life Services: Foster holistic well-being by addressing root causes of stress and burnout, improving productivity, engagement, and retention.

Timely Appointments
We connect employees with a mental health professional within 3-5 days, compared to the national average wait time of 6 weeks or more, ensuring faster support. Employees have access to 4 mental health sessions.

Greater Connection to Support
88% of employees who seek help follow through with their first session, increasing the likelihood of a successful outcome.

Reduce Productivity Loss & Burnout
24/7 access ensures employees receive support before stress and burnout leads to absenteeism, presenteeism, or turnover.



"Our employees are the most valuable part of our success. It is immensely important to know that this provides the necessary support to them and their families to keep them engaged, energized and productive."
Executive HR Director in Higher Education

Member Support Line
855-226-6567

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