

Your new member website

Welcome to your new improved member website. I'm going to take you on a quick tour to highlight some of the changes and new features. Let's get started.

Home page

One of the first things you'll notice is the fresh new look and feel. On the home page, you'll find a featured section or article. We have a new menu for easy access to help you get started. There's also quick links to our monthly features, like our newsletter, videos, polls and more. You'll find easy access to our resource centers, and additional quarterly features for things like the e-Health video, our mobile app, self-assessments and more.

You'll also find that the top-level navigation has been updated. We've adjusted some of the categories – all your favorite content is still here and we've made it quicker and easier to find. We also have a helpful links menu that you can access anytime from the top drop-down menu.

Life & relationships

In the "Life & relationships" section, you'll see several familiar categories. Clicking on a category will take you to that section's page where you'll find articles and resources.

For example, under "Raising children" you find information on discipline, raising children from infants to teens and more.

Under "Relationships" you'll find topics around intimate relationships, marriage, domestic violence, friendship and more.

"Aging adults" has categories to help with caring for an older adult, older adult care search, retirement resources and more.

In "Managing life" you can get help with education, legal and financial information, military life, shopping and planning and housing.

In the "Pets" section, you can find help with choosing and caring for a pet.

Mental health & addictions

In the "Mental health & addictions" category we've organized mental wellbeing content in one convenient location. You can get help with managing depression through articles, videos and national resources. We also have additional health content on depression to assist you in getting the information you're looking for.

You'll find resources on suicide prevention through articles, videos and national resources.

You can find help with addictions, such as alcohol use disorder or substance misuse

Just click on any article or video link for more information.

In our "Quit smoking" section, you'll find helpful articles, videos and resources. Here's a quick sample of a video. All videos include closed captioning and a transcript.

Under "Mental health awareness" you'll find tools to learn more about decreasing stigma and how you can make a difference.

You can also learn about different kinds of mental health conditions, such as autism, bipolar disorder, post partum depression, dementia and more.

Last but not least, we have a section on mental wellbeing terms to help define common terms used in the mental health field.

Resource Centers

Under "Resource Centers" you'll find help with crisis and disaster, staying healthy, self-improvement, stress, and trauma, grief and loss.

In the "Crisis & disaster" section, there are tools to help you after a disaster as well as preparing for a disaster. We regularly update the site with helpful information recent on national crises and disasters to provide local resources. You can also find national resources for help here.

The "Staying healthy" section provides tools and resources to help you develop good habits and learn more about health conditions.

You'll find ways to improve your communication style, self-esteem and time management in our "Self-improvement" section.

We all have stress and learning how to manage it can improve your wellbeing. In the "Stress resource center" you'll find information around stress and health, stress and sleep and more.

Under "Trauma, grief and loss" you can find ways to cope with traumatic events as well as losing a loved one.

Career & workplace

In the "Career & workplace" section, you'll find information on handling change, helping your coworkers and more. You can also find great resources for managers, including resource links, the manager newsletter and manager videos.

Tools

The "Tools" section is your one-stop shop for monthly updates, webinars, videos and more. In monthly updates you'll find links to our current and past newsletters, awareness feature, our new podcast, infographics and our monthly poll or survey.

In the "Webinars" section you can easily sign up for new webinars and select a webinar to watch from our webinar library. We have webinar topics on communication, life and planning, relationships, self-improvement, stress and more.

In the "Video library" you can access our animated e-Health videos, Let's talk videos, mental health awareness videos and our newest section: the "Video health library."

Here you'll find featured videos and can also search for videos on your topic of interest.

We also have digital resources to connect with apps and blogs on mental wellbeing and daily living topics. And you can download our Resources For Living app, too.

In our new "Find support" section, you'll find community and national support links under several different helpful topics.

Additionally, our "People like me" section is a new tool where you can read about people who've experienced a mental health issue and learn about the tools they used on their mental health journey.

Under "Check in on you," you'll find tools to gauge your level of anxiety, depression, your mental wellbeing and assessments to help you learn a little more about yourself.

Services

The "Services" section will help you learn more about the benefits available to you and your household family members, including children up to age 26.

As you can see you have a wealth of information right at your fingertips all in an easy-to-use friendly website. So, what are you waiting for? Take a moment to explore your new member website today!

Resources For Living

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