

You're not alone on your wellbeing journey.

CVS Health is committed to open conversation about mental wellbeing challenges so you can get support for your emotional health in much the same way you do for your physical health.

Given our fast-paced lives and the challenges of our “new normal”, stress is inevitable. In this era of uncertainty, many of us experience strains on our mental wellbeing. It's okay to not be okay and help is always available.

CVS Health offers benefits and resources to support you and your family, many at no or low cost to you.



Explore the **Discover Mindfulness** website for exercises you can practice.



Good quality sleep supports your emotional wellbeing. Visit **Sleepio** for help getting better sleep.



Daylight can help you dial down worrying and anxiety.



Get help with child and elder care decisions with **Torchlight**.



Learn positive parenting strategies through **Peace at Home Parenting** with live and recorded classes.



Get help with tutoring and caregiver searches, plus free webinars, from **Bright Horizons**.



Sign up with **myStrength™** for self-paced support with:

- Stress
- Anxiety and depression
- Chronic pain
- Sleep
- Substance misuse
- Nicotine recovery
- Early parenting and more



Take the **Talk Saves Lives** online training to learn more about:

- Reasons people take their own lives
- Risk and protective factors
- Suicide prevention steps
- How you can help someone who is suicidal



If you or someone you know may be feeling suicidal, contact:

- National Suicide Prevention Lifeline at **1-800-273-8255 (TALK)**
- Crisis Text Line — Text HOME to **741741**

Visit **My EAP**. You can access articles, videos, live and on-demand webinars, podcasts, assessments and more on a wide range of topics.





My EAP, brought to you by Aetna Resources For LivingSM

Reach out and connect for support

My EAP is here to provide support to you, all the members of your household and children living away from home up to age 26. Each person can use up to six private counseling sessions per issue per plan year at no charge. You can also call for free legal, financial and identity theft consultations. Call **1-800-789-8990** anytime, 24/7.

My EAP can also help you find service providers to meet your needs, including child- and eldercare, home services, car repairs and much more.

Visit **7 Cups** and talk to a volunteer listener (password: CVSHHealth).

Overall wellbeing

- Discuss any mental health challenges with your primary care physician.
- If you're enrolled in a CVS/Aetna medical plan, take advantage of **Aetna Lifestyle and Condition Coaching** to help you manage any health conditions. Be sure to earn as many **Wellbeing Rewards** as you can, too. Learn more on **myHR** or **Working at Aetna**.
- Access preventive care and well-being support through **MinuteClinic® wellness services**. You can even get help quitting tobacco.

CVS Health offers a safe, supportive workplace that encourages all colleagues to thrive and be their healthy best.

Visit the Stamp Out Stigma page on **myLife** or **AetNet** and pledge to:

- Recognize signs of emotional distress
- Re-educate yourself and those close to you
- Reduce the stigma

You can also share the story of your journey.

Informational resources

- **Let's Talk: Mental Health Stigma | Transcript**
- **Suicide — Having the Conversation | Transcript**
- **Mental health guidebook**
- **Guidebook for understanding and preventing suicide**
- **Talking with friends and family about mental health issues**
- **Children and mental health flyer**
- **COVID-19 toolkit**
- **Support for the school year**
- **More support for the school year**

Call us 24/7 for in-the-moment support and guidance.

Contact us at **1-800-789-8990** or for website access: **myeapcvshealth.com**

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All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to **aetna.com**.