

journey



GET TO KNOW Your Journey Mental Health Benefits

A guide to enhancing your
well-being through Journey





journey

Your Mental Health Matters

Journey is dedicated to supporting your mental health — whether you're feeling overwhelmed by stress, seeking work-life balance, or simply looking for ways to improve your well-being.

With Journey, you're never alone—support is just a click away.

Your Journey Benefits



SHORT-TERM COUNSELING

Confidential and personalized support from a counselor to address:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief, loss, job stress, and more.



WORK-LIFE SERVICES

Work-Life concierge answers questions and helps you find resources for:

- Child care, elder care
- Financial services, debt management
- Legal questions, identity theft, and more.



DIGITAL EXPERIENCE

Available via mobile and web for 24/7 access to:

- Diverse on-demand courses
- Live learning and community
- Interactive and easy-to-use features

We Are Here for You

app.journey.live



24/7 | Confidential | Free



Support When You Need It Most

Short-Term Counseling

Life sometimes presents you with problems that are hard to resolve on your own. Short-term counseling can provide you with the help, support, and guidance you need in these situations.



What is short-term counseling?

- **Focused Help:** Multiple sessions for each specific issue.
- **Personalized Support:** Your counselor tailors your sessions to your needs.
- **Address Common Concerns:** Get support for various issues including:

Stress Management

Depression

Work-Related Stress

Relationship Issues

Substance Abuse

Financial Worries

Grief and Loss

Family Conflicts

Burnout and more

How it works:

- 1 **First Call:** We'll start with a conversation to understand what's going on and address any urgent issues. Together, we'll determine the best way to support you, and if short-term counseling makes the most sense, we will match you with a counselor who fits your needs.
- 2 **Personalized Counseling:** You'll schedule and meet with your counselor either in-person or virtually (based on your choice). Your counselor will create a plan just for you, focusing on your specific situation and goals.
- 3 **Ongoing Support:** We'll follow up with you periodically to ensure you get the care and support you need and make any adjustments along the way.



Simplify Work-Life Balance with Our Free Concierge Services

Work-Life Assistance Program

Get concierge support for whatever life throws your way with our expert work-life consultants, available 24/7! Our consultants are specially trained to offer you the most knowledgeable and exceptional service. Receive personalized advice and referrals tailored to your unique needs, including:

- Child Care:** Find and evaluate child care options with expert guidance.
- Elder Care:** Make caring for an elder family member simple and stress-free.
- Financial:** Counseling on a variety of issues related to debt, budgeting & more.
- Legal Help:** An analysis of your legal situation and advice on how to proceed.

- Pet Care:** Advice for pet care essentials, finding the right vet & more.
- Daily Living:** Research, resources & referrals for plumber, travel, catering etc.
- Health:** Finding the right services and programs to fit your schedule
- Education:** Consultations for tutors, preschools, universities & more.





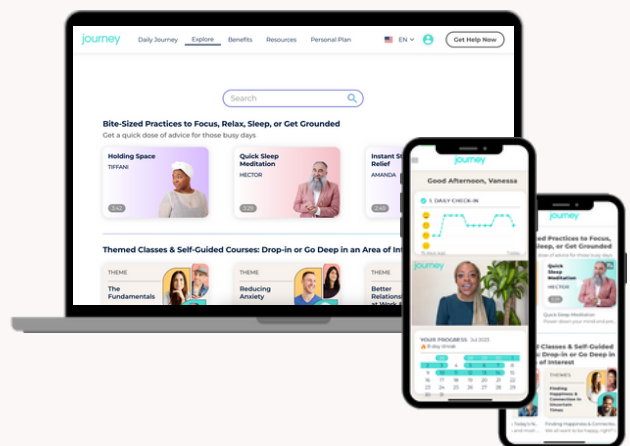
Ongoing Mental Health Support at Your Fingertips

Digital Experience

Browse hundreds of on-demand and live courses or connect with expert coaches and a community of peers to navigate challenges, find balance, and thrive every day.

Engage in Live Learning

Join weekly live courses led by expert coaches who provide practical, actionable ways to improve your mental health.



Recommendations Just for You

Submit your check-ins and receive course recommendations tailored for you based on what you need, when you need it.

Explore Diverse Topics

From managing people and financial stress to specialized topics like LGBTQ+ support or parenting support, Journey covers a wide range of topics. Whatever your background, there's a session for you.



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24/7 | Free | Confidential

HOW TO GET STARTED

app.journey.live



24/7 | Confidential | Free

“

“Asking Journey for help changed everything. Their support and counseling helped me get back on track and find new meaning in my life.”

”

01

Sign up for Journey

Visit app.journey.live or call us to speak to someone immediately.

02

Schedule a chat with your counselor

Your confidential sessions with a licensed counselor are at no additional cost.

03

Access a concierge for anything in life

Find quality services and resources without all of the hard work.

