



Because my
anxiety
doesn't define me

Connect with your EAP benefits for personalized support — because everyone's mental health matters.

There are a range of reasons you may need mental health support. From exploring help during a stressful time to dealing with life-long struggle with depression, or if you're curious if symptoms like insomnia are related to anxiety, we're here.

May is Mental Health Month. This month, let's focus on the importance of taking care of your mental health and what common symptoms or mental health concerns may look like. Because your mental health matters. You have support through your EAP benefits, which are provided at no extra cost.

Find what works best for you



Sanvello app for on-demand support with anxiety, depression and stress



Short-term counseling through your Employee Assistance Program (EAP)



Talkspace online therapy to connect virtually with a licensed therapist

For more information about mental health and to access your benefits, visit: cx.optum.com/mentalhealthmonth



24/7 support • Confidential in accordance with the law • For you and your family

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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