

Support your mental health



The COVID-19 pandemic has changed the lives of billions of people in a very short amount of time. As a result, many people are struggling with fear, anger and incredible levels of stress. These are unusual times, and it's okay that things don't feel normal. Even when times are difficult, you can still be empowered to support your mental health.

Use SmartHealth to support you during this difficult time

Even when times are difficult, you can still be empowered to support your mental health. Join the "Managing stress in difficult times" activity in **SmartHealth**. Look for other activities designed to support you and help you build coping skills.

What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.

Additional support

If you are still struggling, please call a mental health specialist who can help you with the resources you need. You are not in this alone. It's okay to ask for help.



Be well,
The SmartHealth Team
Supporting you on your journey toward living well