



# Care that goes beyond your body.



## Your mental health is just as important as your physical wellbeing.

Whether you're feeling stressed, want to talk about treatment for depression or just need someone to listen, we are here for you when you need us. We can help you find ways to practice self-love and incorporate healthy habits that nourish your mind and body. Creating a foundation for a happier and more balanced life is essential for maintaining good mental health.

*If you are experiencing a mental health crisis or emergency, please call 911 or the National Suicide Prevention Lifeline at 988 or text "HOME" to 741741.*



**Lets talk.**

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

Find Help with Premise is a digital platform that connects members with social services and programs in their communities that can offer assistance and resources for needs such as childcare, food, shelter, health care, financial assistance and more. Team members and their families can access it for free at <https://findhelp.premisehealth.com>.

### Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.

The Wellness Center  
Operated by Premise Health.