42% of working adults struggle with some level of stress, anxiety, depression, substance abuse or other mental or emotional health issue.

Asking for help is a sign of strength. Now more than ever.
YOU ARE NOT ALONE

Mental health-related issues are pretty common in the workplace. Pressures at work, problems in your relationships, physical health problems, financial worries or something else can cause us all to struggle at one point or another. This is not a weakness. And during these challenging times, getting help is even more important.

TREATMENT WORKS

Did you know that 2 out of 3 people struggling with a behavioral health condition do not receive adequate treatment? But treatment works: 65% to 80% of people with a behavioral health condition improve if properly diagnosed and treated.

YOUR EMPLOYER CARES ABOUT YOUR BEHAVIORAL HEALTH & WELL-BEING

Your health is very important to your company’s leadership. They want to help you be as physically, mentally and emotionally fit as possible. By offering Balance to you—at no cost—they are committed to both eliminating the stigma around mental health and providing a resource from one of the nation’s leading health care providers. They want you to be your best you!

BALANCE: YOUR PATH TO BEHAVIORAL HEALTH

Here’s how it works from the comfort of your home:

1. Take the confidential Balance questionnaire online; it takes less than 10 minutes and you take it on your computer, tablet or smartphone.

2. When you’re finished, you’ll immediately receive your results.

3. Based on your results, you may be eligible for 1:1 support from a Balance Care Concierge by phone or video.

The Balance Care Concierge is a trained, master’s-level practitioner who confidentially talks to you about your results and the support you may need and want. Together, you create an action plan that will help you get in good behavioral shape.

And the Care Concierge follows up with you to make sure you are getting the right care at the right time from the best resources for you.

BE THE BEST VERSION OF YOURSELF

During these challenging times, whether you’re working from home or providing an essential service, it’s normal to experience negative emotions. That’s why now it’s more important than ever to take good care of your health - physical, mental and emotional.

Take the Balance questionnaire. Or take it again. And get on the road to the support and care you need.