# **MOVE FROM** SURVIVING TO THRIVING





## **Care Center Services**

- Safe & confidential
- Immediate support
- Available business hours, nights, & weekends
- Unlimited use
- For employees AND loved ones Upstream focused

### What's Included

#### **EMOTIONAL HEALTH SUPPORT**

In-the-moment support for situational emotional health challenges all in one app.

#### RESOURCE LIBRARY

A robust library of meaningful courses, blogs, and personal stories.

#### **PREVENTATIVE CHECK-INS**

Weekly texts with reflective questions, tips. and reminders to take care of yourself.

#### **CULTURE CHANGE SERVICES**

Analytics, manager/employee seminars, and monthly sessions with a culture advisor.



### COMPANIES FACE CHALLENGES

- 1 in 4 people currently live with mental illness.
- 80% of Americans never get the help they need.
- 87% of employees want support at work.
- 67% of managers aren't trained to provide support.
- Annual turnover continues to climb (57.3% in 2020)

Wanting Even More Impact?
Ask us about our Manager/Employee Training Plans