



# Making Life Easier



**Making Life Easier is a no-cost, confidential program available to you and your family 24 hours a day, 365 days a year.**

## Your program includes:



**In-the-moment support.** Reach a licensed clinician by phone for assistance with work-related pressures, depression, stress, anxiety, grief, relationship problems, substance use or other emotional health concerns.



**Short-term counseling.** Access no-cost in-person or virtual counseling sessions with a licensed counselor available at the time and place convenient for you.



**Coaching.** Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.



**Work-life benefits.** Receive expert consultations for financial and legal issues. Work-life specialists also provide referrals that help address everyday needs such as child or elder care, pet care, home improvement, auto repair, travel, education, and housing needs.



**Text therapy.** Exchange text messages, voice notes and resources with a licensed counselor through the Textcoach® mobile and desktop app, Monday-Friday.



**Digital group support.** Join confidential group sessions hosted by licensed counselors through the on topics such as stress, grief, mindfulness, preventing burnout and more.



**Self-guided digital therapy.** Strengthen your mental health and overall wellbeing at your own pace with Animo's self-guided digital resources and daily inspiration to foster meaningful and lasting behavior change.



**Mindstream.™** Explore live and on-demand sessions led by subject matter experts to enhance your life skills and emotional health in this fitness studio for your mind.



**Download the mobile app today!**  
Group code: **kingcounty**