

# Emotional wellbeing resources to keep you at your best

HealthJoy EAP offers expert guidance to help address and resolve everyday issues. Access support whenever, wherever is most convenient for you.



## 1-888-731-3327

In-the-moment support from a licensed clinician 24/7/365



## Email

Send a question to [support@mysupportportal.com](mailto:support@mysupportportal.com)



## Ask the expert

Request information or resources based on topic or concern



## Navigator

Emotional fitness assessment and care guidance



## Short code

Text 'support' to 51230



## Textcoach®

Personalized coaching on desktop or mobile



## Animo

Digital behavioral health to improve your emotional fitness



## Digital group support

Attend an anonymous group support session

## Member User Experience



Contact the EAP using one of the above access points



Clinical assessment and in-the-moment support



EAP confirms availability and MHSA network alignment prior to making referral



EAP provides "smart" referral to counselor and offers to schedule the first session



EAP clinician follows up after the case to assess needs, measure satisfaction and H&P

If you are in immediate medical crisis, please call 911.



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[eap.healthjoy.com](http://eap.healthjoy.com)