

When you have a long list of stressors – and a longer list of to-dos



When you're dealing with the pressures of everyday life, it can be easy to simply smile and say, "I'm fine." But sometimes, emotions like stress, sadness or even anger can linger.

In those moments, Emotional Wellbeing Solutions is here for you. It's a modern, flexible employee assistance programme (EAP) that offers support for everyday life. Call anytime to speak with an Emotional Wellbeing Specialist who'll listen to your needs and connect you with resources that can help. It's available to all members of your household.

**Support for
everyday
life**

To learn more, visit
[supportfinder.optum.com/
sprinkl](https://supportfinder.optum.com/sprinkl)

Sign in with an
anonymous username.

**24/7
availability**

| **Confidential**

| **No cost
to you**

Emotional Wellbeing Solutions is available 24/7 at no extra cost to you

This includes referrals, seeing network providers and access to our digital experience.

Help is available over the phone or online, anytime

Emotional Wellbeing Specialists are available by phone to provide help with a range of life concerns and stressors, including:

- Relationship problems
- Workplace conflicts and changes
- Parenting and family issues
- Caregiver support
- Stress, anxiety and depression
- Financial stressors

You can also access face-to-face counselling visits with a provider in our network – at no cost. All conversations are confidential, and we never share your personal records with your employer or anyone else without your permission. You can also access helpful resources online, anytime.

Or visit supportfinder.optum.com/sprinklr.

Sign in with an anonymous username.

This programme should not be used for emergency or urgent care needs. In an emergency, call the local emergency services phone number or go to the nearest ambulatory or emergency room facility. This programme is not a substitute for a doctor's or professional's care. This programme and its components may not be available in all locations, and coverage exclusions and limitations may apply.

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