

KOHLER MENTAL HEALTH RESOURCE LIST

(Available to all Kohler associates and family members)

RESOURCE	DESCRIPTION	HOW TO ACCESS
<p>Kohler Employee Assistance Program (EAP)</p> 	<p>Offers support, information and referrals for personal needs, including depression, anxiety, stress, balancing work and life issues, substance abuse, child and elder care resources, parenting and family support, and financial or legal assistance.</p>	<p>www.liveandworkwell.com (Access Code: KOHLER) OR Call: 800-980-6896</p>
<p>Virtual Behavioral Health Visits</p> 	<p>Schedule a virtual visit with a psychiatrist or therapist in the Optum EAP provider network. With virtual visits, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety.</p>	<p>www.liveandworkwell.com (Access Code: KOHLER)</p> <p>Under “Find a Resource” in the top navigation, select “Virtual Visits”</p>
	<p>Sanvello is the #1 app for stress, anxiety and depression. Created by psychologists, Sanvello uses clinically validated techniques designed to work together to relieve symptoms and improve your mental wellbeing.</p>	<p>www.liveandworkwell.com (Access Code: KOHLER)</p> <p>On the homepage, select “Popular tools”, then “Sanvello”.</p>
	<p>Get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network Employee Assistance Program Provider, 24/7. You can start therapy within hours of choosing your EAP provider and message your EAP provider whenever — no appointments necessary.</p>	<p>Call Kohler EAP at 800-980-6896 and ask for the authorization code to register for Talkspace. Do this before registering.</p>
	<p>Whether you are caring for an aging parent, a child whose daycare is closed, or school is held virtually, or a loved one who has a health condition, Kohler associates will have access to a Care Coordination program powered by Wellthy.</p>	<p>Wellthy.com/kohler</p>