

Michael's[®]

Employee
Assistance
Program

Support for
your overall
well-being.



Mental well-being issues impact everyone



1 in 5

American adults live with a mental illness¹

40%

of employees are battling burnout²

6 in 10

Adults agree they could benefit from learning how to improve resilience

90%

of people who die by suicide have an underlying mental illness³

4 out of 5

Employees have financial issues that impact their job performance resulting in increased stress, lack of focus, absenteeism and tardiness⁴

Depression

Is the leading cause of disability in the US for ages 18-44⁵

Suicide

Tenth leading cause of death in the US.³

Anxiety

Anxiety disorders are the most common mental illness in the US.⁵

1. Mental illness. National Institute of Mental Health. Accessed January 2022.
2. Trends Employers Support. American Psychological Association. Accessed January 2022.
3. Suicide. National Institute of Mental Health. Accessed January 2022.
4. Mental Health by the numbers. National Alliance on Mental Illness. Accessed March 2021.
5. Facts & Statistics. Anxiety and Depression Association of America. Accessed February 2022.

Resources For Living – your employee assistance program



What is Resources For Living and Supportiv ?



A cost-free avenue of assistance and support for all team members and their families



Program services are strictly confidential



Eligible to ALL team members, dependents under 26 years of age, and anyone in your household (regardless of their relationship to you, age or health insurance coverage)



Program includes a wide range of services to help with everyday challenges including:

- Emotional support resources
- Legal and financial
- Daily life assistance
- Online educational and self-help tools
- Supportiv peer support

Some reasons to consider reaching out

Emotional

Stress, grief, depression, anger management, feeling suicidal



Self improvement

Self-esteem/personal development, goal setting



Relationship

Marital/significant other, family, parent/child, caregiving

Personal

Health/wellness, grief and loss, work/life balance, loneliness, trauma/post-traumatic stress



Workplace

Career, job issues, conflict

Legal/financial

Wills, immigration, budgeting, tax questions, ID theft



Addiction

Alcohol, drug, gambling, nicotine

Overview of Resources For Living Services

Emotional Support

- Access in-the-moment support and urgent counseling over the phone any time
- Call 24 hours a day for emotional well-being support and help identifying your needs and getting connected with resources
- Full Time team members have the option to meet face-to-face or virtually with a licensed counselor, receiving up to 3 free counseling sessions per issue per year

Supportiv – online peer support

- 24/7/365 peer-to-peer support to help with emotional or social struggles via live small group chat
- Anonymously communicate with people who are facing similar challenges
- Available to all team members and household members, age 13 years and older

Legal and Financial Consultations

- Free 30 minute consultation per issue with a legal or financial expert
- ID Theft Prevention and Resolution Consultation
- Discounted rates for legal and financial services

Worklife Services (Daily Life Assistance)

- Telephonic access to Worklife Specialist who help find solutions to everyday problems. Provides **personal** and **verified** referrals
 - Child Care Resources – daycare, summer camps, special needs
 - Elder Care – home health, assisted living, Medicare/Medicaid issues
 - Convenience Services – realtors, pet care, plumbers, etc.
 - Basic Needs – emergency programs for food, housing, utility assistance, transportation, and more

Online Resources – RFL Website

- Wide array of articles, streaming video, podcasts, live and on-demand webinars, assessments, monthly features, and more
- Online legal form library including wills, power of attorney, and more
- Wellbeing screeners and assessment tools
- **LifeMart** – sign up for savings through the Aetna discount center
- **Mind Companion Self-Care** – mental wellbeing app providing eLearning activities focusing on stress, anxiety, depression, insomnia, and more.
- **Talk Saves Lives** – suicide awareness and prevention training

Supportiv

Anonymous Peer Support Network

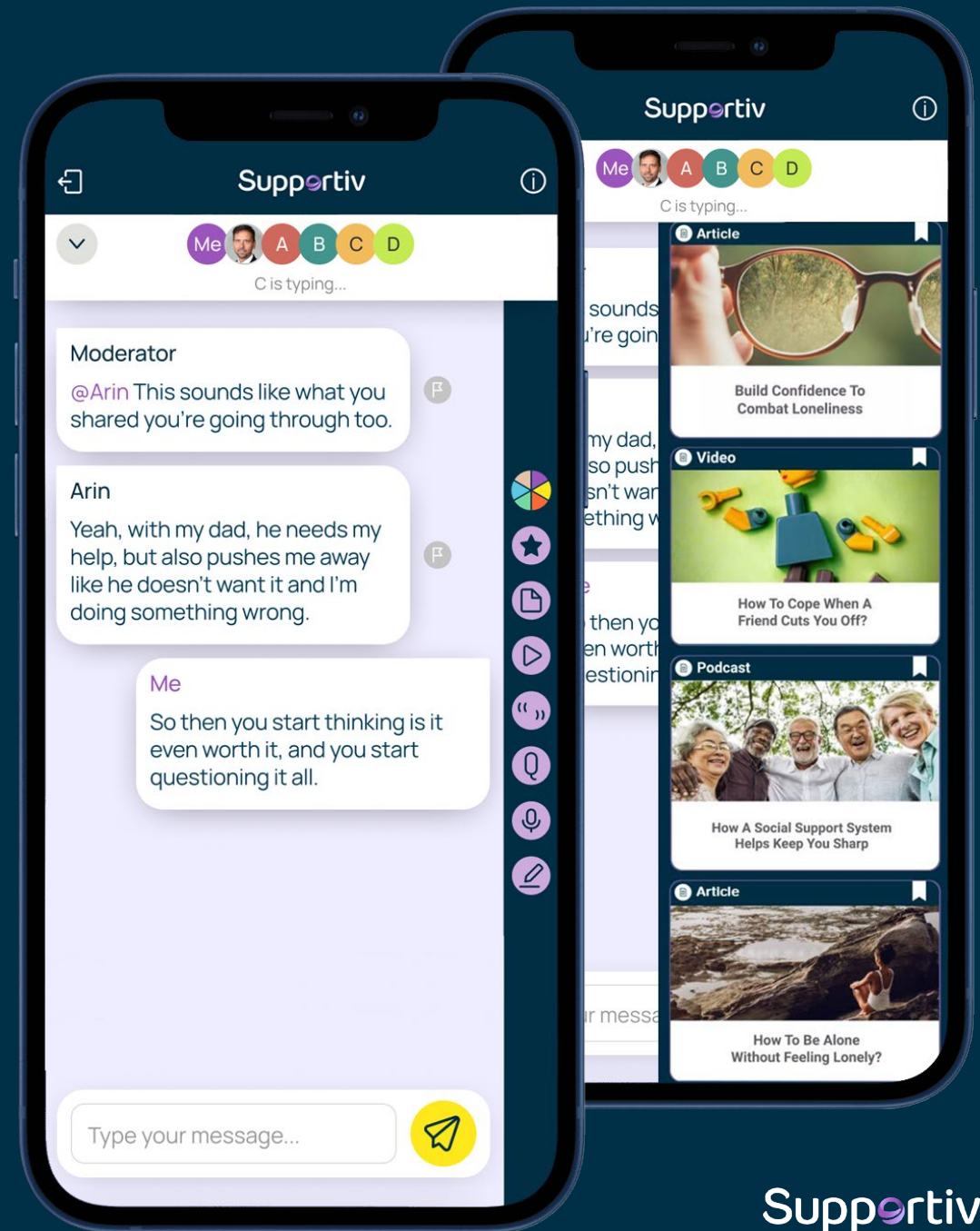
On-demand, at-any-hour, emotional & social support for all Team Members, dependents and household members, age 13 years or older

for those who do not use typical mental health care

hyper-relevant resources & service matching

Support for topics such as stress, anxiety, relationships, grief/loss, burnout, loneliness, caregiving and more

live-moderated, peer-to-peer small group chats

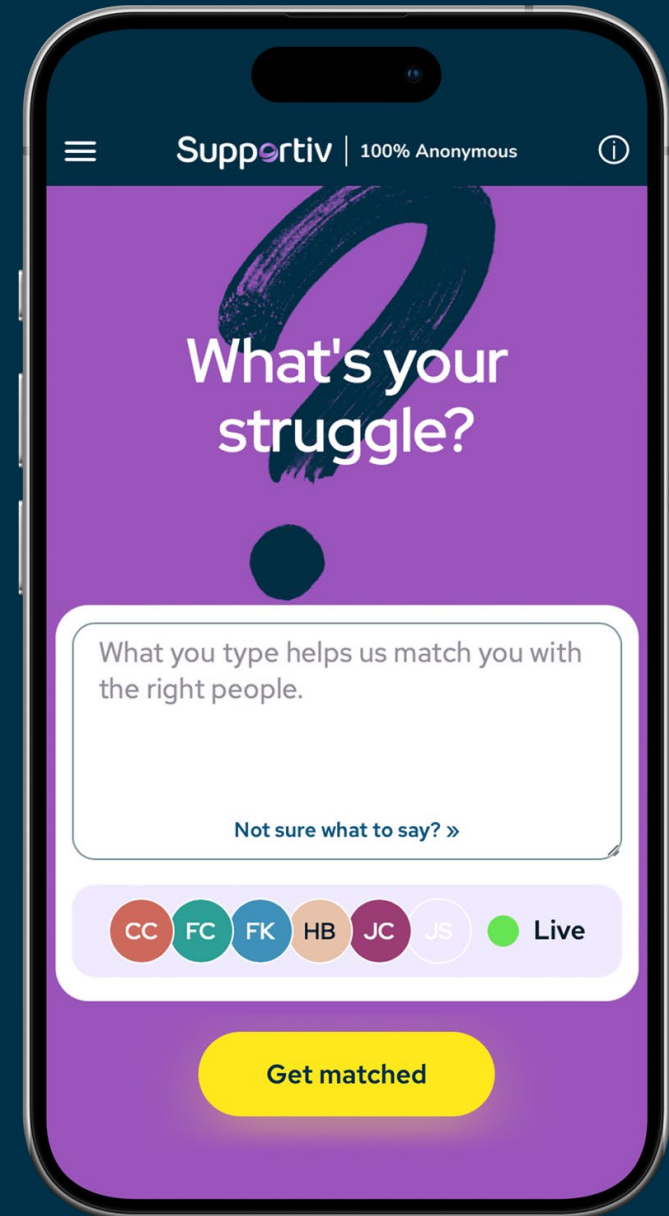


What Users Experience...

Answer one single question, **anonymously**.

Feel supported 30 seconds later—**24/7/365**—in synchronous, **live-moderated** small group chats.

With zero app downloads, registration forms, or assessment questions for truly **instantaneous** support.



How to access services

Resources For Living

- Call the toll-free number: **800-283-5645**
- Access web resources through the RFL website:
- ResourcesForLiving.com
Username: Michaels Password: 8002835645
- Mikbenefits.com
- Download the mobile app “Resources for Living” from your device's app store

Supportiv

- Mikbenefits.com
- ResourcesForLiving.com
- Michaels.supportiv.com
- Scan this QR

