

Your Mental Health & Wellbeing Benefits With Modern Health

We recognize that there are a number of things that can impact how we show up in our daily life— whether that's our emotions, our careers, our relationships, our health, or even our finances. Through Modern Health, you and your dependents* have the support you need to be the best versions of yourselves — at work and at home. We've offered some guidance below that can help you determine which tool may be best for your unique needs.

**Note: Dependents ages 18+ have full access to Modern Health; dependents ages 0-17 (U.S.), ages 6-17 (Internationally) have access to Therapy only.*

Care Option	What is this?	How Can This Help?	What's Included?	How to Access:
Therapy & Coaching	1-1 video or in-person sessions with licensed therapists; sessions with certified coaches	Receive treatment for concerns that may be highly impacting your day-to-day mental health; learn evidence-based techniques to help move towards goals	8 therapy sessions 8 coaching session per calendar year (you can be in therapy and coaching at the same time)	Access through the Modern Health web or mobile app: here
24/7 Crisis Support Phone Line	A 24/7 phone line that can be called to speak to a master's level counselor	Get care from a professional counselor with urgent needs, including elevated anxiety, depression, or a crisis situation.	Access "24/7 Crisis Support/manager support or need to speak with a clinician over the phone at any time.	Unlimited access 24/7 1-866-535-6463 Dial 1 or 5 if you need immediate crisis support
Digital Content	Self-guided meditations, programs, courses, and exercises	Build mental health into your routine, in just 5 minutes per day, on your own schedule.	Unlimited access	Access through the Modern Health web or mobile app: here
Community & On-demand Circles	Live and pre-recorded topic-based community sessions, led by therapists & coaches	Learn, share, connect, and heal with others on topics that impact our well-being	Unlimited access	Access through the Modern Health web or mobile app: here



Modern Health is your mental wellness benefit.

Access to personalized resources to help you be the best version of yourself — at home, at work, and in your relationships.

To access Modern Health, **scan this QR to get started or visit [Modern Health](#)**; enter your work email;

Company Code: ACWA JPIA

To access EAP services directly, go to modernhealth.helpwheretheyouare.com and enter your company code: ACWA JPIA