

It's hard to feel mentally well,

All these responsibilities...

How can I keep up?

What resources are out there for me?

As licensed/certified healthcare professionals, our Care Coaches support you with:

- ♥ Researching providers (counselors, psychologists, life coaches, etc.) based on your price needs, location, specialties and insurance for yourself or loved ones who you're supporting.
- ♥ Exploring supportive mindfulness and mood tracking resources.
- ♥ Offering guidance and support as you process the stress, anxiety and uncertainty that comes with caring for yourself and others.

