



Your Employee Assistance Program

How are you feeling?

Uh-oh
Blah
Meh
Yay
Woo-hoo



Mental health support matters even in the moments between uh-oh and woo-hoo. Mass4YOU has the tools you need for managing stress, boosting your mood and more.

We all move through a mix of emotions — some heavy, some light, and plenty that fall somewhere in between. Help can look different for everyone. It might mean:

- Taking a brief walk to clear your head
- Practicing a short meditation or breathing exercise
- Listening to music that helps you relax
- Carving out a few minutes just for yourself
- Talking with a mental health professional

**May is Mental Health Awareness Month.
Check in on your health and explore
resources to support your specific needs.**

Get support

**Mass4YOU has the resources to help support you
through all of the good and not-so-good days.**



Call
[1-844-263-1982](tel:1-844-263-1982)



Visit
**[supportfinder.optum.com/
mass4you](https://supportfinder.optum.com/mass4you)**



**Get the Support Finder
progressive web app**
Open mobile browser and type
**[supportfinder.optum.com/
mass4you](https://supportfinder.optum.com/mass4you)**
to get started



Your Employee Assistance Program



Sources

World Health Organization, Centers for Disease Control and Prevention, American Cancer Society, American Medical Association, Cleveland Clinic, Mayo Clinic Health System.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.