



Your Employee Assistance Program

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Get support for the season – and for everyday life

From the expectations of traditions to the anticipation of a new year, or whatever life throws at you, this time of year can be stressful for many people.

Mass4YOU is here for you

Find resources, tips, and tools for emotional well-being at Mass4YOU, your employee assistance program.

Talk with a specialist 24/7 for in-the-moment support and to get referrals for counseling via phone, online, or in person. **This FREE benefit provides you with 3 no-cost, confidential counseling sessions for you and each of your dependents eligible for GIC medical coverage* per fiscal year (7/1/23-6/30/24)**

The holidays can be overwhelming. Find a compassionate ear at Mass4YOU and get the support you need.

Looking for free support and well-being resources?

Contact Mass4YOU Employee Assistance Program



Call
1-844-263-1982



Visit
liveandworkwell.com
Use (access code **mass4you**)



Download the
Optum Assist
mobile app
Use (access code **mass4you**)



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*Eligibility criteria for employees and dependents is based on active employee status.

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.

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