



YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively
serving YMCAs since 1970.

SUPPORT FOR YOUR MENTAL HEALTH & WELL-BEING

Everyone's mental health journey looks different. Wherever you are today, you've got a range of resources available—from self-guided tools to confidential one-on-one support. Emotional Wellbeing Solutions, your Employee Assistance Program (EAP), is included for all members covered under a YMCA Employee Benefits medical plan. Some YMCAs may also offer EAP benefits to employees not enrolled in medical.

Explore On Your Own

Live and Work Well Website

Your starting point for your EAP benefit. Browse articles, tools, and resources on mental health, substance abuse, family and parenting, finances, legal topics, and work-life balance. Access support anytime, with or without logging in.

Get started: www.liveandworkwell.com

Use access code (9622) to browse anonymously, or log in with your HealthSafe ID®

Self-Guided Support

Calm Health Mobile App*

Use self-guided programs, mindfulness exercises, and practical tools designed by mental health professionals. Content is available at your own pace to support everyday stress, focus, sleep, and emotional well-being. Included at no additional cost for members and covered family members ages 13+.

Download the app: app.calmhealth.com

*Calm Health is currently available for YMCA Employee Benefits medical plan members. Beginning July 2026 availability will expand to all enrolled in EAP benefits.

Talk with Someone

Virtual Therapy

Access a variety of virtual mental health providers offering video, phone, or live chat sessions. Choose the format and provider that best fits your needs, schedule, and preferences. Help is available to match you with a virtual provider if you're not sure where to start.

In-Person Counseling

Receive up to 3 in-person counseling visits per issue per year through your EAP benefit at no cost. After EAP visits are used, you can continue seeing the same provider through your medical plan's behavioral health coverage. Member cost-sharing may apply, depending on your plan.

Visit www.liveandworkwell.com or call 1.800.980.6921 for help finding a virtual or in-person provider.

Need Help Now? Call 1-800-980-6921 to talk to an Emotional Wellbeing Specialist 24/7.
If this is an immediate or life-threatening emergency call 911. If you or a loved one has a mental health or substance use crisis, you can also contact the [Suicide and Crisis Hotline](#) by calling or texting 988