



Help Is Here To Manage Life's Many Responsibilities

To juggle work, life, and caregiving responsibilities,
you sometimes **need an extra hand.**

Reach out to your Mental Well-Being Program for resources and referrals to address a variety of life and family needs:

- Childcare
- Eldercare
- Pet care
- Adoption
- Special needs support
- Education
- Enrichment activities
- Housing
- Transportation
- Community resources and referrals

Your Mental Well-Being Program is free to use, confidential, and open to family members.

Contact AllOne Health

Call: 800-222-8590

Visit: allonehealth.com/portal

Code: kwiktrip

