

Mental Health Resources

Did you know that up to 80% of people will experience a diagnosable mental health condition over the course of their lifetime? Mental health includes emotional, psychological, and social well-being. It impacts how you think, act, and feel. Mental health is so important today and it is something we want to ensure we are discussing and addressing both in the workplace and at home. By receiving proper mental health care, your productivity increases, stress decreases, and you are able to promote positive mental health among your peers.

Avalon is determined to make sure that employees have access to tools and resources to encourage positive mental health.

Below you will find some free or low-cost resources that could be beneficial to you or someone in your life.

Name	Member cost	Description	Website
Anxiety Social Net	N/A	"Connect with people dealing with any type of anxiety."	http://www.anxietysocialnet.com
After Silence	N/A	Sexual assault survivors	https://www.aftersilence.org
Daily Strength	N/A	Self-injury	https://www.dailystrength.org/group/self-injury
"International OCD Foundation"	N/A	OCD	https://www.iocdf.org
Vet Center	N/A	Veteran, PTSD	https://www.vetcenter.va.gov
Headspace	Free trial available, \$13 per month, or \$42-\$70 annually	Meditation, Self-care	https://www.headspace.com
Grokker	2 weeks free, \$15 per month	Grokker Self Service provides the full HD video content library and feature set.	https://grokker.com/individuals
BetterHelp	\$60-\$90 per week, billed every 4 weeks, cancel at anytime	Talk with a licensed, professional therapist online, Any topic: depression, stress, anxiety, anger, relationships, grief, self-esteem, eating disorder, personality disorder, etc.	https://www.betterhelporg.com
Valera Health	Treatment starts at \$59 per session	Valera Health offers therapy and psychiatry services to NJ residents. First consultation with a health coach who will match you with a provider. Most patients are seen by their matched therapist or psychiatrist within one week.	https://consult.valerahealth.com
Talkspace	Treatment starts at \$65 per session	Talkspace connects you with a licensed mental health professional so you can receive therapy directly from your digital device. You get unlimited monthly messaging with your assigned therapist. You can send text, video, or audio messages.	https://try.talkspace.com/online-therapy
MoodFit	N/A	Moodfit is an app that provides you with insight to "shape" your mood. Whether you're looking to better understand your feelings, or you're experiencing anxiety, depression, or high levels of stress, Moodfit can help you feel better. You answer a questionnaire to determine the severity of your symptoms and then you are provided with articles and videos as support. Moodfit also allows you to track your moods so you can understand what is having a large impact on your mood. You can also create "experiments" where you can see if something specific like gluten or sleep is impacting your mood.	https://www.getmoodfit.com/
MoodMission	\$5	MoodMission provides you with activities based on your current mood. This can be breathing exercises, learning new activity like how to knit, push-up, or learning how to reframe negative thoughts.	https://moodmission.com/

Employee Assistance Program

Avalon Flooring is pleased to offer employees and dependents an Employee Assistance Program, called Ability Assist, through The Hartford. This program is provided by Avalon as part of our commitment to promoting employee health and well-being. It is offered at no charge to the employee and provides a valuable resource for support and information during difficult times, as well as consultation on day-to-day concerns. EAP is an assessment, short-term counseling and referral service designed to provide you and your family with assistance in managing everyday concerns. This program offers confidential clinical help for everyday people with everyday problems. Other features include:

- Relationship difficulties
- Emotional/psychological concerns
- Work or family stress and anxiety
- Alcohol and drug abuse
- Personal and life improvement
- Depression
- Childcare/Eldercare
- Grief issues
- Legal/Financial Services

Ability Assist Counseling Services with HealthChampion Health Care Support

Employee Assistance Program

Ability Assist Counseling Services offers 24/7 access to master's- and Ph.D.- level clinicians. Includes three face-to-face visits per occurrence per year for emotional concerns and unlimited phone consultations for financial, legal and work-life concerns. HealthChampion offers support if you've become disabled or are diagnosed with a critical illness. You'll receive guidance on care options, helpful resources and help with timely and fair resolution of issues. Ability Assist is available to all Avalon Flooring employees and their family members.

Ability Assist® & HealthChampionSM

Call toll-free:

1-800-96-HELPS | (1-800-964-3577)



If you have any questions, please contact your Benefit Guardian, Karie Newman.

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