



Well-being Resources

A resource for every situation.
Help for anyone in need.



Well-being Resources for Workplaces

Improving the mental well-being of your staff comes with benefits. Like improving employee attendance, perking up customer interactions, boosting sales, and lowering employee turnover. Generally speaking, what's good for your staff is good for your business.

So take some time to learn about ways you can improve overall well-being and increase your staff productivity at the same time.

Six months from now, you'll be glad you did.

Employers and workplaces wanting to know more about wellness initiatives can reach out to their local SelectHealth Wellness Management Consultant by calling **800-442-5260**.

Behavioral Health Resources for Employers

Non-Crisis Resources for Accessing Behavioral Health Resources

Sometimes an app on your phone can be the go-to resource you need to help you learn how to calm an anxious mind or invigorate a depressed mood. Sometimes a phone number can give you connection and a place to talk out loud about what you're experiencing. And sometimes a workplace training can help everyone feel like their on the same page for well-being. All the resources listed here can boost well-being and bolster confidence and resolve—Something that's great for business now and in the future.

MyStrength Mobile App | [Download on the App Store](#) | [Download on the Google Play Store](#)

MyStrength is a self-directed mental health application. Helpful, practical tools for better mental health - with personalized user experiences. You can download the MyStrength mobile app or use it on a laptop or computer. Free to download when you use the code INTERMOUNTAINCOMMUNITY.

Healthy Minds Program App | [Download on the App Store](#) | [Download on the Google Play Store](#)

The Healthy Minds Program uses neuroscience, contemplative traditions, and skill-based learning methods to help you develop the skills for a healthy mind. With a combination of podcast-style lessons and both seated and active meditations, you'll learn what the science says about the brain while developing skills to tap into these learnings for a healthier, happier you.

Behavioral Health Navigation Line | **For Adults: 833-442-2211** | **For Kids & Youths: 801-313-7711**

<https://intermountainhealthcare.org/medical-specialties/behavioral-health/>

A free service to assist callers to find a mental health professional and schedule an initial appointment. The Navigators help learn what's going on and how they can help you take the first step for care.

Employee Assistance Program | **1-800-832-7733**

<https://intermountainhealthcare.org/employee-assistance-program/>

Use and refer to your company contracted Employee Assistance Program (EAP) for counseling. If your company has contracted to use the Intermountain Health EAP, they can help in-person or virtually.

Family Resources & Talk to Tweens Information

TalkToTweens.org & HableConSusJovenes.org have free resources & tips for increasing mental well-being. Taking time to talk about mental well-being helps everyone learn emotional skills for growth.

Online, On-Demand Suicide Prevention Course

LiVe Well Suicide Awareness & Suicide Prevention Training gives strategies for learning and discussing important life topics: [Suicide Prevention in English](#) | [Prevención del Suicidio en Español](#)

Online, On-Demand Psychological First Aid Course

Psychological First Aid

<https://www.coursera.org/learn/psychological-first-aid>

If you have an employee in immediate crisis:

Call 9-1-1 for police/EMT dispatch or call the Suicide Prevention Crisis Line at 9-8-8.