

# Emotional and Mental Health Support

Mental health is an important part of your overall health. Millions of people are affected by mental illness each year, including 17% of youth<sup>1</sup>, so you're not alone. Whether you're feeling an increase in anxiety or you've just been diagnosed with a mental illness, we could all use a little extra support sometimes.

At Accolade, we want to make sure that every member knows what benefits are available to them and their family, and connect them to those resources with ease. Accolade can provide you with the support and information you need to make the best healthcare decisions possible.

## Learn more about your mental health benefits

Mental healthcare is included as part of your benefits package. Your Accolade Health Assistant can discuss the specific benefits your employer provides such as an employee assistance program, mental health programs, wellness and well-being incentives, and health plan coverage.

Therapy, medication, self-guided activities — all of these tools can make a real difference in improving your mental health. Our Health Assistants are backed by a team of nurses, doctors, pharmacists and claims specialists and can recognize which programs may be most beneficial for you or your covered family member.

Call or message an Accolade Health Assistant or nurse to explore what mental health benefits are available to you and your family. Accolade is a completely confidential health and benefits service provided at no cost to you as part of your employee benefits.

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## Questions?

Connect with Accolade today for emotional and mental health support.

 Learn more at [member.accolade.com](https://member.accolade.com)

CALL 911 IF YOU ARE HAVING A MEDICAL EMERGENCY. Accolade and its affiliates ("Accolade") are not an emergency medical service. Accolade provides a personalized healthcare information service to support you to better understand and utilize your benefits, receive information from expert medical resources, and facilitate your access to medical care from various healthcare professionals, including virtual medical care services. Virtual medical care services offered by Accolade are provided through independent professional medical practices, including under the PlushCare brand, to which Accolade provides various platform and related services.

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