

IRON MOUNTAIN



**BENEFITS &  
WELLBEING**

## Here to help you thrive in life

Elevate your wellbeing and resilience by calling on Resources *for* Living's professional clinicians **any day, any time, confidentially, and free of charge.**

Mountaineers and household members can get help in person, via phone, as virtual visits, or chat therapy (text messaging sessions) where available.

**Emotional Support.** Build resilience and manage stress, anxiety, grief, depression, addiction, trauma, burnout, 24/7/365.

**Relationships.** Family and marital guidance, parenting issues, personal care, self improvement, boundary setting, personal and work relationships, conflict resolution.

**Financial and Legal Counsel.** Guidance and referrals on matrimonial law, wills and probate, taxation, housing and rental agreements, debt and credit issues.

**Community Resources.** Special interest groups and classes, local transportation, in-home care, short-term backup care, recreational and volunteer activities.

**Caregivers.** Support groups, respite options, elder and child care, special needs, pet aid.

**Emergencies and Basic Needs.** Temporary housing, food programs, food pantries, emergency financial assistance, disaster management, utility assistance.

**Online Wellbeing Tools.** Cognitive Behavior Therapy, digital self-guided tool, live and recorded webinars, videos, articles, podcasts.

**Leader Services Resources.** Management consultation and referrals, training led by expert clinicians, critical incident support, leader web portal.

[Click here to view contact information for your location](#)

**Also, visit your member website to find video resources, podcasts, articles, assessments, webinars and more.**

**U.S.**

**Global (non-U.S.)**

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