



## Connect with care

With Resources for Living, you have access to a network of licensed therapists available virtually or in person. Simply visit your member website to get started.

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### Options just for you

Select the options you're looking for and we'll guide you to the best fit for your needs. You can search and filter for providers based on:

- **Specialty:** anxiety, depression, stress, and other issues you may be facing
- **Demographics:** gender, BIPOC, LGBTQ+, multilingual
- **Availability:** Connect with a provider anytime based on what works best for you
- **Therapy options:** individual, couples or family counseling and counseling for children
- **Type of visit:** video, chat or in person

Not sure what you're looking for? Answer a few questions for personalized recommendations.

### Online scheduling

You can easily schedule online with the provider of your choice. Just show up for your first appointment and get started on your path to better mental health and well-being.

Reaching out for support can be hard. That's why we've made connecting to therapy simple and easy to get started — online or by phone.

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