

# Overwhelmed

At Ecolab, we offer a range of resources dedicated to supporting you through challenging moments, helping you navigate and manage stress effectively. Explore the resources and links below.

Employee Assistance Program (EAP)	Mental health matters and the <a href="#">Confide EAP</a> can help when you need it for when life gets tough. Learn more about how the Confide EAP can help.
Budgeting	<a href="#">LearnLux</a> provides tools, resources, and access to experts to help associates establish a budget, create a savings plan and work toward paying down debt.
Caregiving	Supporting an aging or special needs loved one can be overwhelming. Ecolab offers <a href="#">Homethrive</a> to simplify your caregiving journey. It provides digital resources, personalized support and access to Care Guide experts for navigating medical needs, long-term care, safety and more. Learn more and register at <a href="https://app.homethrive.com/join">app.homethrive.com/join</a> or call 1.888.777.2199.
Cigna EAP Wellness Webcasts	Find ways to reduce stress, seek balance, and be our best selves at work and in our personal lives. <a href="#">Listen</a> to an on-demand replay webcast or sign up for an upcoming live webcast.
Coverage for Children With Special Needs	Our medical plans include coverage for <a href="#">Applied Behavioral Analysis</a> (ABA) therapy for autism treatment, plus coverage for speech, occupational and physical therapies for developmental delays.
Findhelp.org	Find free or reduced-cost resources like food, housing, financial assistance, health care and more by visiting: <a href="https://www.findhelp.org">https://www.findhelp.org</a> .

Happify	Take advantage of <b>Happify's</b> science-based app for access to activities and games that boost confidence, promote positivity, reduce stress, enhance mindfulness and well-being.
Health Coaches	Navigating health and well-being can be complex. Associates enrolled in an Ecolab medical plan have access to <b>health coaches</b> , a dedicated team of specialists—nurses, coaches, dietitians, clinicians and counselors—who listen, understand your needs and provide solutions. Personal health coaches assist with stress, diet, tobacco use and more. To learn more, call the number on the back of your Cigna card or download the Cigna app.
Ida C. Koran Trust	Ecolab understands unexpected hardships that can occur anytime. Whether it's sudden illness or medical disability, a medical emergency or addiction, or financial burden and more. The Unexpected Hardship Assistance Program provides financial relief to Ecolab associates through loans and grants to help manage through such times. Visit the <b>Ida C. Koran Trust</b> to learn more about the resources available.
Stress Management	Stress is a fact of life. It's a mind and body response to demanding situations or events. Not all stress is bad. It can energize you and help you perform at your best. But too much stress, or stress that lasts too long, can take a toll. Check out <b>Cigna's Stress Toolkit</b> , which can help you tame your stress and build skills to better manage future stress.
Substance Use/Misuse	Substance abuse is using drugs or alcohol in a way that harms you or that leads you to harm others, like your family or friends. People abuse alcohol, illegal drugs, prescription drugs or over-the-counter drugs. Even using tobacco can be considered substance abuse. People who abuse drugs or alcohol can also become addicted to them. If substance use is affecting the life of a loved one, learn what you can do to help. <a href="https://www.cigna.com/knowledge-center/alcohol-and-substance-use">https://www.cigna.com/knowledge-center/alcohol-and-substance-use</a>
Virtual Medical Care	<b>MDLIVE</b> offers fast, uncomplicated health care via mobile app, online or phone, connecting you with doctors in minutes wherever you are. It's affordable for minor conditions, often costing less than traditional visits, with out-of-pocket expenses like seeing your primary care provider.