



Emotional Well-Being Resources

Benefits-Eligible Faculty and Staff

Tending to the needs of work, home, caregiving and personal interests is a rewarding feat, yet it can also take a toll on one's mental health, a vital part of your overall well-being. [GW programs](#) outlined in this document are intended to help support you/your family's emotional well-being, particularly during the pandemic.

Emotional Well-Being Resources for All Benefits-Eligible Employees

Resources for Living



GW's [Employee Assistance Program \(EAP\)](#) supports benefits-eligible employees and members of their household. The EAP offers support in several ways:

- Receive five confidential counseling sessions per issue at no cost.
- Request work-life service searches for support, such as local childcare centers; ask basic legal questions, such as how to create a will.
- Schedule a [free 30-minute consultation](#) with a financial professional to discuss financial needs and help resolve issues.

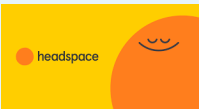
Access EAP

- Visit my.gwu.edu, select "**Sign In.**" Under the "**Working**" section, click **Employee Assistance Program**.
- Or, visit resourcesforliving.com. Log in with **Username: GW-Wellbeing** and **Password: Yourlife**. Or, call (866) 522-8509 to chat with a care representative.

talkspace

[Talkspace through GW's EAP](#)

In lieu of live counseling through the EAP, benefits-eligible employees and members of their household (13 years and up) may use Talkspace, the text therapy app. The app is available through the EAP at no cost for **five weeks of text counseling** (per issue). GW employees must first [register](#) through the Resources for Living website. The five weeks are to be used within a 120-day window and do not need to be consecutive weeks.



[Headspace](#), the mindfulness app, is available at no cost to benefits-eligible faculty and staff. This daily tool provides meditation, sleep, and children's programs. The "Move" section includes running, walking and yoga exercises offered in time increments from 5 - 20 minutes.

Family Care Resources for All Benefits-Eligible Employees

Caregiving for our families is rewarding, and yet can demand endless energy, patience and create schedule conflicts. GW offers [Bright Horizons Enhanced Family Supports™](#) for our family care benefit, which includes a variety of programs to support you and includes:

- Expanded in-center back-up care at both Bright Horizons and KinderCare centers.
- In-home care for children and adults through Bright Horizons.
- An [Elder Care program](#) to assist you in developing care plans for aging relatives.
- A Sittercity membership at no cost.
- Assistance with full-time nanny placement for a discounted cost.
- Early Years in-center childcare discounts and more!

Employees must first [register](#) on the [GW/Bright Horizons microsite](#) to access services.





Emotional Well-Being Resources

Faculty and Staff

Resources for Employees and Dependents Covered On a GW Medical Plan



The [GW PPO](#) and [Health Savings Plan](#) include [behavioral health benefits](#) that offer services to support conditions like depression, ADHD, anxiety and substance abuse recovery services. [Telemental health](#) is included in your benefits.

- Find a behavioral health provider and schedule appointments at [myuhc.com](#). You can also visit the [Live and Work Well website](#); enter code "UHC" as your company access code and click "Search Providers."

[Real Appeal](#) is a free weight-loss support program available to eligible employees and their adult dependents covered on a GW medical plan. This [virtual program](#) uses live online coaching, group sessions and highly interactive weekly internet videos to drive small behavior changes. Participants receive a free welcome kit that includes recipes, a portion plate, food scales, and more.



Get In Touch

Employee Assistance Program (EAP)

Log in to [my.gwu.edu](#) and select EAP under the **"Working"** section or call (866) 522-8509. Or, visit [resourcesforliving.com](#). Log in with **Username: GW-Wellbeing** and **Password: Yourlife**.

Headspace

Benefits-eligible employees can visit [go.gwu.edu/headspace](#) to register for a free membership.

UnitedHealthcare

Visit the [myuhc.com](#) website to find a mental health provider. You can also visit the [LiveandWorkWell](#) website. Enter the code **"UHC"** as the **company access code** and visit the provider search function.

GW Benefits

Contact us at [benefits@gwu.edu](#) or (571) 553-8382 for assistance with any of your GW benefit programs.