

Digital self-care tools



Available anytime, anywhere

Your Employee Assistance Program offers a digital self-care solution designed to help you manage stress, depression, and other common mental and emotional health challenges — whenever and wherever you need support.

This dynamic digital experience is grounded in evidence-based approaches such as cognitive behavioral therapy (CBT), mindfulness, and positive psychology. Curated by experienced psychologists and **powered by Koa Care 360**, this integrated tool is engaging, easy to use, and clinically proven to improve mental health and overall well-being.

Focus areas include:

- Anxiety
- Depression
- Mindfulness
- Sleep improvement
- Stress
- Resilience
- Positive thinking
- Low self-esteem and more

Languages available:

- Chinese
- English
- French
- Canadian French
- German
- Japanese
- Portuguese
- Spanish

How it works

Getting started is simple. You'll begin by identifying your goals - whether that's improving sleep, learning stress-management techniques, or building confidence. Based on your responses, you'll receive a personalized experience with recommendations for interactive programs, skill-building tools, and inspirational resources, all accessible from your smartphone or tablet.



These experiences help you:

- Reduce personal roadblocks
- Manage stress and anxiety
- Overcome mental barriers

Along the way, the program tracks your progress and keeps you motivated as you work toward a healthier, more balanced you.

Log on to guidanceresources.com and click the icon for digital self-care tools to get started today!



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Assistance

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