



The FlexWork Emotional Support Line is open for you



Stress. Anxiety. Work-life balance. For life's challenges, support is here.

You have access to on-demand, master's-level emotional health specialists. Call **1-800-301-0119** anytime, 24/7, for personalized, confidential emotional support tailored to your situation – including recommendations for ongoing care based on your behavioral health benefits.



Master's-level specialists

Trained support for stress, anxiety, work-life balance issues and more – available 24/7 by phone

Emotional health specialists are trained professionals who will talk through your concerns about:

- Family and relationships
- Financial stress
- Anxiety and depression
- Stress related to a health condition or diagnosis
- Coping with a traumatic event or tragedy
- Other emotional challenges



Tailored care

Recommendations based on your unique needs and behavioral health benefits



Unlimited calls

No call limits and no appointment necessary

If you or someone you know is experiencing suicidal thoughts, call the National Suicide Prevention Line 24/7 at **988**

Get support

Call **1-800-301-0119** to get started



This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States or the local emergency services phone number if you are outside of the United States, or go to the nearest accident and emergency department.

This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and are subject to change without prior notice. Coverage exclusions and limitations apply.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop-loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.