

Mental Health & Well-Being Resources

Salem Health offers you and your dependents access to Modern Health — a personalized mental health & well-being platform that meets you where you are on your unique mental health journey. Complete an initial assessment to share your needs and preferences, and Modern Health will guide you to one-on-one, self-guided, and community-based resources that can support you in your areas of focus. Here's a quick guide on how Modern Health can support you, and how to access these resources.

I want to work on...

Care Resources

Available directly through Modern Health

Extended Resources

My emotions <ul style="list-style-type: none"> Anxiety Depression Grief 	 1:1 video sessions and messaging with mental health coaches & therapists  Live Community Circles led by mental health coaches and therapists on mindfulness, self-compassion, and more  Self-Guided Courses on Managing Stress and Navigating Intense Emotions, as well as meditations & programs	24/7 Counselor Phone Line Call (833) 322-1931
My performance at work <ul style="list-style-type: none"> Burnout Managing my team Navigating career/team changes Performance reviews 	 1:1 video sessions and messaging with career & leadership coaches  Live Community Circles led by coaches and therapist on stress and burnout  Self-Guided Courses on Burnout, Work Performance, and Manager Mental Health	Manager Supervisory Services Call (833) 322-1931 to get started
My family, relationships, or community <ul style="list-style-type: none"> Parenting & Caregiving Relationships Improving communication Navigating conflict Supporting DEI in my community 	 1:1 video sessions and messaging with coaches and therapists who specialize in relationships, parenting, inclusion  Live Community Circles led by coaches and therapist on relationships, communication, social justice issues, and more  Self-Guided digital resources on compassion, parenting, and inclusion & belonging	<ul style="list-style-type: none"> Child care resources Elder care resources Education resources Adoption resources Call (833) 322-1931 to get started
My healthy habits <ul style="list-style-type: none"> Setting goals Building a routine Better Sleep Exercise 	 1:1 video sessions and messaging with coaches and therapists who specialize in goal-setting, habits, and sleep  Live Community Circles led by coaches and therapist on sleep and building healthy habits  Self-guided digital resources on sleep and healthy habits	<ul style="list-style-type: none"> Home maintenance resources Travel services & pet care Community resources (religious, recreation) Call (833) 322-1931 to get started
My financial well-being <ul style="list-style-type: none"> Financial setbacks Understanding my finances 	 1:1 video sessions and messaging with financial well-being Coaches  Self-guided digital resources on personal finance	<ul style="list-style-type: none"> Legal consultations & resources Personal finance resources Call (833) 322-1931 to get started



Modern Health is your mental wellness benefit.

Access to personalized resources to help you be the best version of yourself — at home, at work, and in your relationships. To access Modern Health, **scan this QR to get started or visit [Modern Health](#).**

To access EAP services directly, go to modernhealth.helpwhereyouare.com and enter your company code: Salem Health

