



COUNSELING

It's more important than ever to take care of your mental health. We know that can be an overwhelming thought, but our Love Works team is here to help you navigate through the process and take away a few of the barriers to finding support.

Not sure if you need it? Here are a few signs that it may be time to consider counseling:

- Do you feel like you're losing it more often than normal? Get irritated at the drop of a hat?
- Are you short with family members?
- Are you struggling to find hope in humanity in the midst of all that you're seeing on the news?
- Are you fearful to leave your home?
- Are you drinking more than you used to?
- Are you at odds with family and friends more often than not?

More and more people are finding that counseling can be incredibly helpful. Whether you have a past trauma that you want to heal from or you just need an outside perspective to talk through what is on your mind, there are plenty of options available.

If finances are a concern, Love Works has some grant funds that are available to help offset the cost.

If you're ready to get started but could use some guidance, fill out this quick [questionnaire](#), and someone from the Love Works team will reach out and help get you started.

You can also contact Movements EAP (Employee Assistance Program) at any time on your own. Call 877-260-6995, or visit www.unum.com/worklifebalance. You will get up to 5 visits available at no additional cost to you with a Licensed Professional Counselor. EAP services are available to all eligible employees, their spouses or domestic partners, dependent children, parents and parents-in-law.

Questions? Email loveworks@movement.com.