

We help support your life



Everyday stress can be overwhelming.

Our experts provide confidential help 24/7 and the right resources to help you and your family find balance no matter where you are in life.

All at no cost to you.

Turn to us—we can help.

Health Advocate is available at no cost and is completely confidential. In a crisis, help is available 24/7.

We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

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Stressed? Anxious? Upset? Talk to us.

- Get help for family, financial and legal problems, life transitions, substance abuse and more
- Learn strategies to manage stress, depression, anger and improve focus, such as mindfulness

Get resources to make life easier. We'll do the legwork.

- Locate childcare, eldercare, summer camps, special needs services, relocation and more
- Get time-saving help locating community resources and convenience services

Struggling to cope every day? Get support.

- Build skills to handle challenges, feel more in control of your life
- Get referred to qualified long-term help, if needed

Easily connect to us. 24/7 access.

- Consult with us in person, by phone, or chat
- Access your comprehensive website for articles, tips, webinars and tools

HealthAdvocateSM