



FREE

Mental Health Resources

for Prolink Professionals



At Prolink, we're fully invested in your well-being, personally, professionally, and financially. That's why we provide complimentary mental health support services to assist you and your family whenever the need arises. Learn more about the resources we offer below.



Legal, Personal, and Financial Services

The MetLife Employee Assistance Program offers a variety of services, resources and tools to help make your life a little easier. Provided to you and your family members at no cost to you, the EAP can help with a broad range of everyday matters including finances, legal, or personal issues. They can even help you find childcare or a pet sitter!



Video Counseling

If you're feeling anxious or having trouble coping on your own and need some support, you can get video counseling with a psychologist, therapist or psychiatrist from home, at work or on the go. You can get video counseling with a licensed therapist, psychologist or psychiatrist in four days or less. Appointments, which are also available on evenings and weekends, can be scheduled online or over the phone.



Emotional Well-being Resources

Emotional Well-being Resources, administered by Learn to Live, offers the digital tools you need to develop resilience, reduce stress, and practice mindfulness. We'll help you identify the thoughts and behavior patterns that affect your emotional well-being. Through our self-paced online programs and optional personalized coaching support, you'll learn effective ways to manage stress, depression, anxiety, and sleep issues. Free for plan members and their covered family members.