

Support for life's challenges



Let's face it. Some days are easier than others. Did you know you can get help anytime? It's easy. Find emotional support, a helping hand or a shoulder to lean on. We're here for you and your household members.

Work, life and everything in-between

You can reach us 24/7/365. It's free and private. Find help with issues such as:

- Daily stress
- Mental health and well-being
- Anxiety and depression

Connect with us any time for free support

Call or visit us online and select "Connect to therapy" to find a provider based on your preferences. If you call, you can also get a single session consultation in the moment. For ongoing support, access our nationwide network of providers you can meet face-to-face or by televideo. They include:

- Counselors
- Marriage and family therapists
- Substance misuse counselors

Self-help resources

Your member website includes a wide range of resources such as:

- Videos and podcasts
- Self-assessments
- Live and on-demand webinars
- Articles and more

And be sure to download our mobile app from your device's app store. Simply search "Resources for Living" to install it for free.

You'll find tips and tools for reducing your stress, a contact form to request a callback and more.

Ready when you are

Whether you're at work or out on leave, we're always here to help. Best of all, it's always free and private for you and all your household members to access support.

You can access confidential services 24 hours a day, 7 days a week.

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