

# Show Yourself Some Love

Get professional help caring for every part of your mental health

Give yourself the gift of mental health support. Instead of facing struggles on your own, work with a WebMD Health Coach to get personalized advice, trusted referrals, and access to resources that can help you feel your best.

You can find help with:

- Overcoming everyday stress
- Building resilience
- Practicing mindfulness
- Improving your physical and mental well-being

## Take on tougher challenges

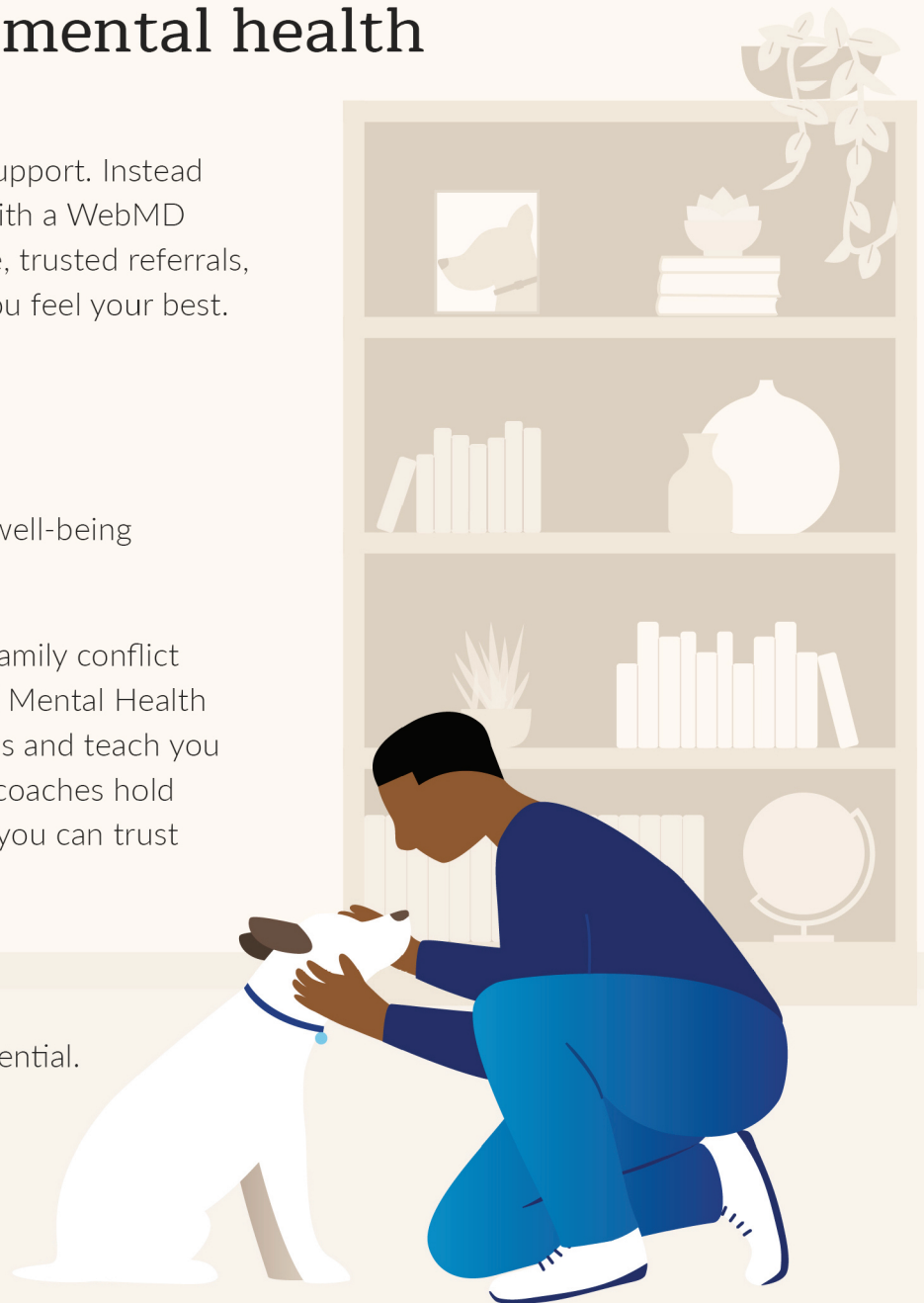
Dealing with grief, anxiety, depression, family conflict or drug abuse? Our Stress Specialist and Mental Health Coaches can help talk you through issues and teach you proven stress-reduction techniques. All coaches hold advanced degrees and certifications, so you can trust they have the expertise to help.

Services are free, convenient and confidential.

Schedule a session today.

**844.800.2454**

**LIVEWELL**



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