

Your **FREE** Mental Health Resources at Lennox

At Lennox, we prioritize your mental well-being. We offer a variety of free **mental health** resources to support you, including the Employee Assistance Program (EAP), Virtual Mental Health services through Doctor on Demand, Calm, and WebMD Mental Health Coaching.

For more details, scan the QR code to visit the "Feeling Stressed" page on LIIbenefits.com.



Employee Assistance Program (EAP)

To help you cope with everyday challenges and difficult situations, Lennox provides an Employee Assistance Program (EAP) through SupportLinc. This FREE benefit is available to you and your household family members 24/7 at no cost.



Virtual Mental Health - Doctor on Demand

(For employees and dependents enrolled in the Lennox medical plan)

Schedule a virtual appointment with a licensed therapist or psychiatrist for mental health guidance, behavioral care therapy, and ongoing treatment management.



Calm Health

Lennox offers a FREE Calm Health subscription plan to all employees and up to 5 dependents (age 16+). Enjoy unlimited FREE access to Calm's full suite of tailored content anywhere, anytime.



WebMD Mental Health Coaching

Certified expert coaches can help you create and maintain a daily action plan that meets your physical and mental needs. It's all about what YOU want to improve.

