

# Blunovus CARE

Unlimited Services for you and your Loved Ones

OPT-IN FOR WEEKLY MENTAL HEALTH TIPS

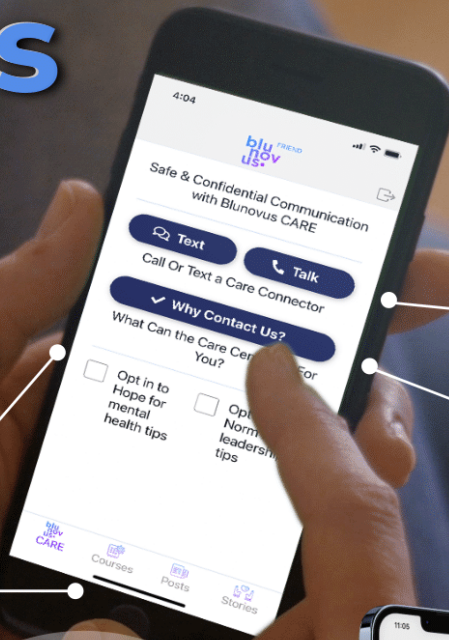
ACCESS EXPERT COURSE MATERIALS



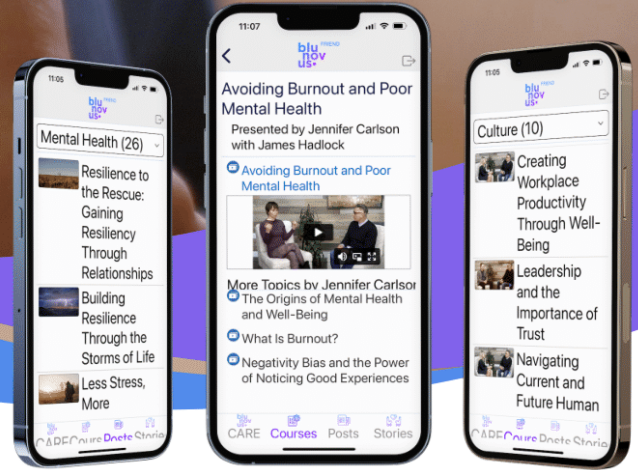
Your Registration Code is: SL COUNTY

TEXT OR TALK CONFIDENTIALLY

LEARN WHEN TO REACH IN

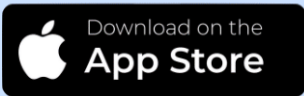


## CARE Emotional Support Helpline and Resource Center



### Services are Accessed through the App

1. Download the app.
2. Enter the Registration Code shown above.



## Proactive Personal Mental and Emotional Health

(Licensed counseling and therapy is offered separately)

## CARE Center



### Situational Support

- A live person to listen
- Text or call 24/7
- Even little things
- Anonymous and unlimited



### Expert Courses

- On demand, online
- Anxiety, relationships, communication
- Grief and loss, resilience



### Wellness Coaching

- Weekly text tips
- Work/life balance
- Personal consultation



### Upstream Engagement

- Active onboarding
- Communication training
- "Ask a Therapist" webinars