



Build resilience in a few minutes a day

Looking for a way to make a positive impact on your emotional well-being?

Mind Companion Self-care leads you through learning sessions to help with:

- Stress and anxiety
- Sadness or depression
- Relationships
- Substance misuse
- Work/life balance and more

You, everyone in your household and children living away from home up to age 26 can use Mind Companion 24/7 to boost your emotional well-being.

Log in to your member website and go to the Mind Companion page under Services. Use the username below as your access code.

Get started today



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