





Celebrate and connect

Supporting healthy relationships amid holiday stress

From family gatherings to social events, connecting with others over the holidays can sometimes be challenging. The Holiday Toolkit is full of valuable resources to help you manage stress and maintain your mental health, including:

-  **Tip sheets and flash courses.** Discover tips and tools for relationships, self-care and more.
-  **Mental health screenings.** Evaluate your mental health and access helpful resources.
-  **Budgeting worksheets.** Ease financial stress by creating a budget that works for you.
-  **In-the-moment support.** Access confidential care from a licensed clinician 24 hours a day, 365 days a year.