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Emotional wellbeing

Wellbeing isn't just about your physical health. It's also about maintaining a healthy emotional balance so you have the resilience to take on life's stressors and cope with any big changes that come your way. Learn more about the benefits Adobe offers to help you handle everyday challenges and ease your mind.

On this page you will find information about:

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Employee Assistance Program (EAP)

Sometimes we can all use extra support for everyday life. Adobe has partnered with Aetna to offer the Employee Assistance program (EAP), which provides you and your dependents confidential, short-term counseling services and additional work and life resources. You are eligible to use up to six free sessions per issue each year, either in person, via live video or over the phone. Whether you just need a little extra support or you're going through a more challenging time, the EAP's full range of tools and resources can give you the boost you need to get back on track.

Services include:

- Counseling and relationship support: stress, family relationship issues, anger management and substance abuse
- Help balancing work and life: online discounts; [CareKits](#) [1] [PDF] for pregnancy, child care and adult care; identity theft services; and college planning
- Legal services: up to one-half hour free consultation for each new legal matter, then a 25% discount on attorney services
- Financial services: up to one-half hour free consultation for each new financial matter, including topics such as budgeting, credit, retirement, debt, mortgages and taxes

For more information, visit [My Life Values](#) [2] (username: AdobeEAP, password: Adobe) or call 800-88-9565.

Eligibility: The EAP is available to all regular employees and interns and their dependents.

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Headspace meditation app

Headspace is a personal trainer for your mind. The Headspace app gives you access to short, guided meditation sessions—delivered straight to your phone or browser—that help you manage your stress, sleep better, find your focus, boost your creativity and achieve more balance in your life. It's meditation made easy—and it's free to Adobe employees.

To get started:

1. Visit [Adobe's Headspace page](#) [3] and select "USA."
2. If you've previously created a Headspace account, enter your login information. If you're new to Headspace, click "sign up for free" to set up your account. Be sure to use your Adobe email when you sign up. You'll create a unique password that is not associated with your ADOBENET/LDAP password.
3. Once you've set up your Headspace account, download the [Headspace app](#) [4] from the App Store or Google Play.

Learn more about Headspace by watching the [Say Hello to Headspace video](#) [5].

If you have questions, email [Headspace](#) [6].

Eligibility: Headspace is available to all regular, benefits-eligible employees and interns.

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Teladoc video behavioral health sessions

As an Aetna member, you can use [Teladoc](#) [7] video behavioral health to get support for anxiety, eating disorders, depression, family issues and more. [Teladoc sessions](#) [8] [PDF] are covered according to your Aetna medical plan (i.e., after you meet your deductible, the plan pays 90% or 80% of the in-network cost).

Sessions include:

- Psychiatrist (initial visit): \$160/session
- Psychiatrist (ongoing visit): \$90/session
- Psychologist, licensed clinical social worker, counselor or therapist: \$80/session

Get started at [Teladoc](#) [9] or 855-TEL-ADOC (855-835-2362)

Eligibility: Teladoc video behavioral health sessions are available to Aetna members.

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Aetna behavioral health support and treatment

Anyone—regardless of age, gender, income, race or religion—can develop a behavioral health condition. If you're coping with a condition such as anxiety, depression, substance abuse or an eating disorder, [Aetna behavioral health](#) [10] can provide just the help you need. Services are covered according to your Aetna medical plan (i.e., after you meet your deductible, the plan pays 90% or 80% of the cost for in-network care, or 70% or 60% for out-of-network care).

To learn more, review the [Aetna Behavioral Health Resources](#) [11] [PDF] brochure, visit [My Life Values](#) [2] (username: AdobeEAP, password: Adobe) or call 800-884-9565 to speak to an Aetna Health Concierge or Aetna Nurse Care Manager. You may also log in to the Aetna website > Find Care > Behavioral Health.

Eligibility: Aetna behavioral health is available to Aetna members.

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AbleTo support program

If you're struggling with a health condition or a stressful life change, [AbleTo](#) [12] [PDF] can provide personalized support—through twice-a-week, one-on-one coaching and therapy sessions—to help you feel more in control. AbleTo is tailored to your schedule and specific needs, connects you to support via phone or video for maximum convenience, and, because it's part of Aetna behavioral health, is covered under your Aetna health plan. All therapists are licensed and accredited, and sessions are private and confidential.

AbleTo has helped people overcome the stress related to many of life's challenges:

- Heart disease
- Diabetes
- Caring for a loved one
- Postpartum recovery
- Chronic pain
- Cancer
- Anxiety
- GI Disorder
- Depression

To enroll in this eight-week program, visit [AbleTo](#) [13] or call 844-4-ABLETO (844-422-5386).

Eligibility: AbleTo is available to Aetna members.

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Aetna Autism Spectrum Disorder (ASD) Support Program

If your family is affected by an autism spectrum disorder (ASD) diagnosis, Adobe provides health care benefits and a support program through Aetna to help meet your family's needs.

You have access to an Aetna autism advocate who will work with you to answer questions about your plan's autism benefits, pair you with the right professionals and connect you with resources for caregivers and family support.

Adobe's Aetna medical coverage for ASD includes:

- Applied behavior analysis (ABA)
- Speech therapy
- Occupational therapy

The Aetna ASD Support Program includes:

- Family support
- Care management
- Benefit coordination
- ASD education and ASD intervention networks

To learn more, review the [Autism Spectrum Disorders Support Program](#) ^[14] [PDF] brochure, visit [My Life Values](#) ^[2] (username: AdobeEAP, password: Adobe) or call 800-884-9565.

Eligibility: The ASD Support Program is available to Aetna members.

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Bright Horizons support for children with special needs

The Bright Horizons special needs program, powered by Torchlight, helps you better understand, advocate for and support your child from birth to young adulthood. Get the resources you need if your child has special needs, such as autism; ADHD; or learning, social or emotional needs. Parents can get personalized information to help navigate the complexities of getting educational support for children with special needs or those who are experiencing challenges at school or at home. Access a free, interactive online platform and live webinar series to help your child overcome developmental and educational hurdles.

To access these benefits, visit [Bright Horizons](#) ^[15] and scroll down to select "access support now." Sign up on the Torchlight page (using Employer Code: adobesn for the initial registration). Or call 877-BH-CARES (877-242-2737).

If you are an Aetna member, you may also want to learn about the [Autism Spectrum Disorders Support Program](#) ^[14] [PDF].

Eligibility: Bright Horizons support for special needs children is available to all regular, benefits-eligible employees.

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Kaiser mental health support and treatment

[Kaiser's mental health services](#) ^[16] include assessment, treatment and support for a variety of mental,

emotional and substance use conditions, including anxiety and stress, depression, eating disorders, obsessive-compulsive disorder and sleep problems.

For most services, you pay a copay of \$20 for individual outpatient mental health evaluation and treatment, \$10 for group outpatient mental health treatment and \$100 for inpatient psychiatric hospitalization. For substance abuse treatment, you pay a copay of \$20 for individual outpatient substance abuse evaluation and treatment, \$10 for group outpatient substance abuse treatment and \$100 for inpatient detoxification.

Kaiser Member Services can help. Call 800-464-4000 any time (except holidays), or log in to kp.org/adobe [17] to manage your care online.

Eligibility: Kaiser mental health support and treatment are available to Kaiser members.

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Survivor Outreach Services

The death of a loved one is a stressful time. Adobe has partnered with Survivor Outreach Services to provide individual support for employees following the death of a family member who was not a dependent or covered under Adobe group life benefits. Services include help with claim forms for life and accident benefits, notifying credit reporting agencies, notifying the Social Security Administration, providing template letters and other resources. Please contact the Employee Experience team at erc@adobe.com [18] for a referral to Survivor Outreach Services or for more information.

Eligibility: Survivor Outreach Services are available to all regular employees and interns.

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Links

[1] <https://benefits.adobe.com/document/618>

[2] <http://mylifevalues.com/>

[3] <http://go.headspace.com/adobe>

[4] <https://www.headspace.com/headspace-meditation-app>

[5] <https://vimeo.com/229623688/8dca044cdf>

[6] <mailto:help@headspace.com>

[7] <https://benefits.adobe.com/health-and-wellbeing/finding-quality-care#Teladoc>

[8] <https://benefits.adobe.com/document/1629>

[9] <https://member.teladoc.com/aetna>

[10] <https://www.aetna.com/individuals-families/mental-emotional-health.html>

[11] <https://benefits.adobe.com/document/1703>

[12] <https://benefits.adobe.com/document/1744>

[13] <https://en.ableto.com/enroll>

[14] <https://benefits.adobe.com/document/670>

[15] <http://www.careadvantage.com/adobe>

[16] <https://healthy.kaiserpermanente.org/northern-california/doctors-locations/how-to-find-care/behavioral-health>

[17] <https://my.kp.org/adobe/>

[18] <mailto:erc@adobe.com>

