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Learn About Mental Health Matters

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Your emotional and mental wellbeing is every bit as important as your physical wellbeing. Learn about ways you can help yourself and others make emotional wellbeing a priority.

Adobe offers benefits to help you handle a wide variety of issues, including grief and loss, depression, anxiety, stress, substance abuse, addiction, eating disorders, family issues and more. Visit [Emotional wellbeing](#) [1] to learn more about the benefits Adobe offers to support you and your family.

- **All employees:** See how you can access confidential counseling, support and resources through Adobe's [Employee Assistance Program \(EAP\)](#) [2]. You can use up to six free counseling sessions per issue per year—in person, via video chat or by phone.
- **Aetna members:** Check out [AbleTo](#) [3], an eight-week coaching and therapy program via video or phone; [Teladoc](#) [4] virtual visits with psychiatrists and counselors; and outpatient and inpatient [behavioral health benefits](#) [5].
- **Kaiser members:** Learn more about the comprehensive Kaiser mental health services and support and how to get started. You can make appointments for mental health services at Kaiser without a referral from your PCP.

Find inspiration and personal stories at Kaiser's [Find your words](#) [6] site and Aetna's [Living healthy](#) [7] site.

Questions? Contact Aetna medical and EAP at 800-884-9565 or Kaiser at 800-464-4000.

Source URL: <https://benefits.adobe.com/news/learn-about-mental-health-matters>

Links

[1] <https://benefits.adobe.com/health-and-wellbeing/emotional-wellbeing>

[2] <https://benefits.adobe.com/health-and-wellbeing/emotional-wellbeing#EAP>

[3] <https://benefits.adobe.com/health-and-wellbeing/emotional-wellbeing#AbleTo>

[4] <https://benefits.adobe.com/health-and-wellbeing/emotional-wellbeing#Teladoc>

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

[6] <https://findyourwords.org/>

[7] <https://www.aetna.com/health-guide/living-healthy.html>