

NEA MENTAL HEALTH PROGRAM

nea *Member Benefits*
in partnership with

SANVELLO™

An ever-expanding library of self-care resources including meditation, coping tools and cognitive behavioral therapy-based experiences helps you build healthy habits and feel better.

The #1 app for stress, anxiety, and depression.

Get all of the support you need to improve your mental health—anywhere, anytime—with clinically proven techniques based on cognitive behavioral therapy (CBT).

DAILY MOOD TRACKING

Answer simple questions each day to assess your mood, identify patterns, and track health activities like sleep and exercise.

GUIDED JOURNEYS

Designed by experts for a range of needs, our Guided Journeys use proven therapies to help you feel more in control and build skills.

COPING TOOLS

Reach for that “just right” tool to relax, be in the moment, or manage stressful situations.

PROGRESS ASSESSMENTS

Through weekly check-ins, we help you create a roadmap for improvement. Track where you are, set goals, and make strides week by week.

60%

of Sanvello self-care users report feeling better within 30 days.

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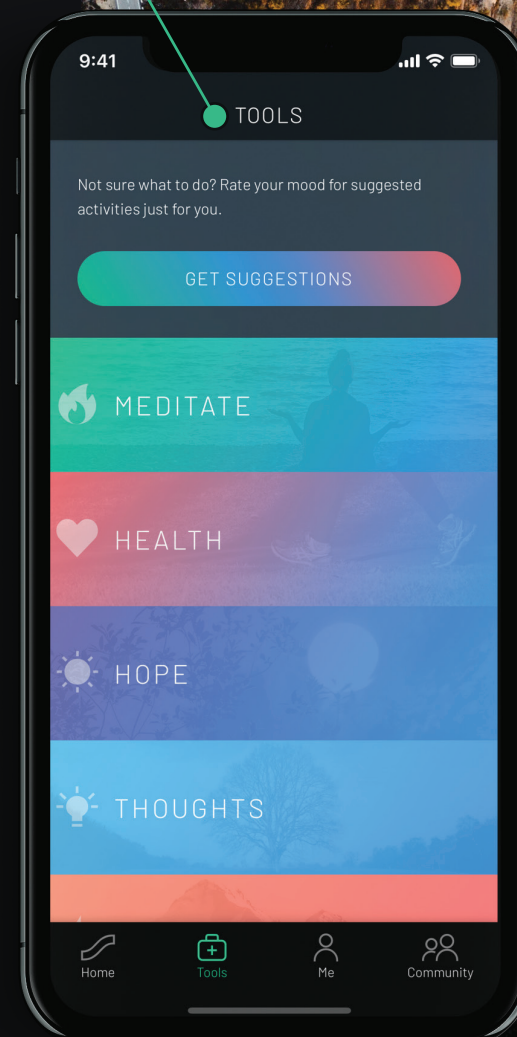


Tools and support people love. But don't take our word for it — take theirs.

"If you've ever needed something to help get you to a good place, I've yet to find something better. It equips you to handle whatever may arise."

"I use this every day. It's like having a good friend give me encouragement, and keeps me motivated."

"I feel like I can actually get better. It really is an all-in-one app for me."



Learn more at www.neamb.com/mentalhealth



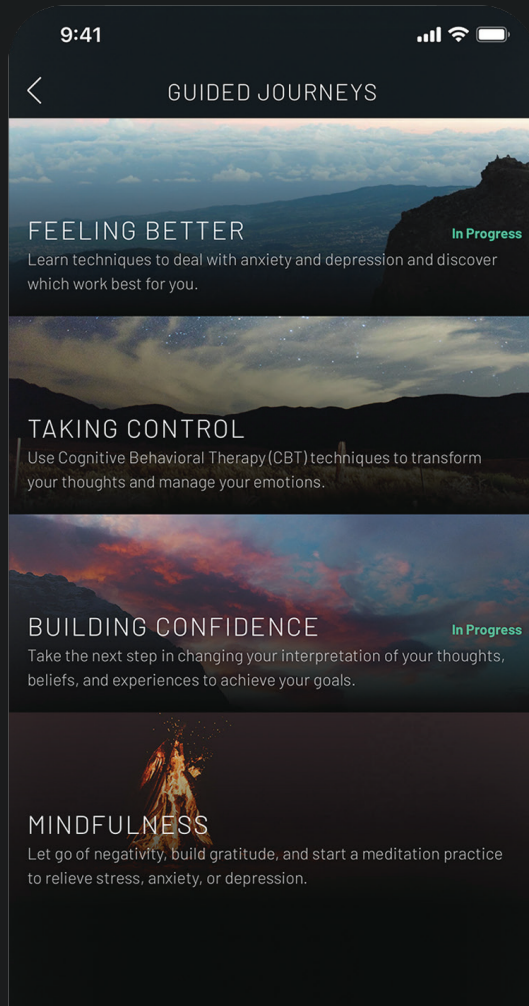


**A place to feel better,
wherever you go.**

From self-care and peer support to working with trained coaches and therapists, Sanvello gives you clinically-proven techniques to get the mental health support you need—on your terms.

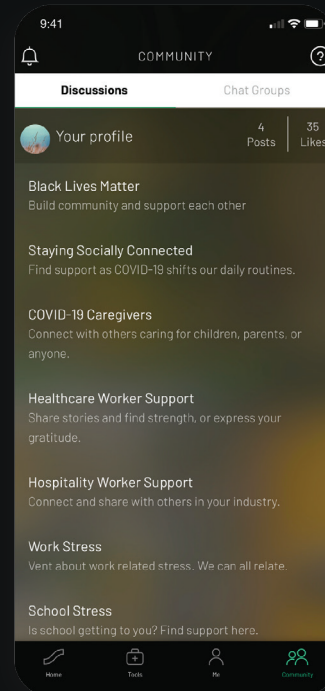
SELF-CARE

Daily mood tracking, Guided Journeys, coping tools, meditations, and progress assessments to help you find relief when you need it.



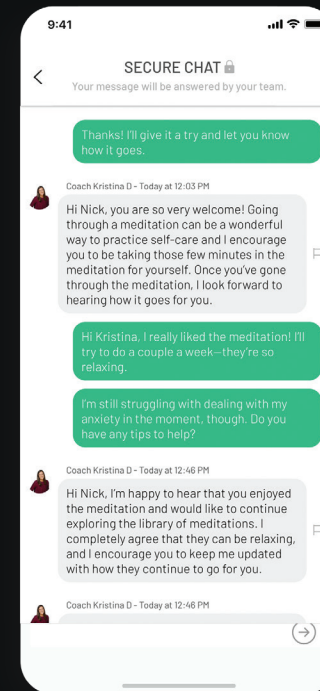
PEER SUPPORT

Read, share, and engage with posts from the community on everything from stress relief techniques to motivation to gratitude.



COACHING

Get support to develop your goals, apply new skills, and build resiliency. Privately message your coach anytime or join a group video session.



THERAPY

Speak to a licensed clinician via one-on-one secure video sessions on your phone, tablet, laptop, or desktop. Available in select states.



Learn more at www.neamb.com/mentalhealth

