

Guaranteed Wellness



Crisis Hotlines & Wellness Resources



911 is the universal hotline for any situation that requires immediate assistance from the police, fire department or ambulance.

DIAL: 911



The **988 Suicide & Crisis Lifeline** is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

DIAL: 988

To learn more, click [here](#).



The **Veterans Crisis Line** serves Veterans, service members, National Guard and Reserve members, and those who support them.

DIAL: 988 then Press 1

To learn more about The Veterans Crisis Line, click [here](#).



The Trevor Project is an American nonprofit that focuses on suicide prevention efforts among LGBTQ+ and questioning youth, operating The Trevor Lifeline, a confidential service that offers trained counselors.

DIAL: 866-488-7386, OR TEXT: START to 678-678

To learn more about The Trevor Project, click [here](#).



The **National Eating Disorders Association (NEDA)** is dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care.

DIAL: 800-931-2237, OR TEXT: NEDA to 741-741

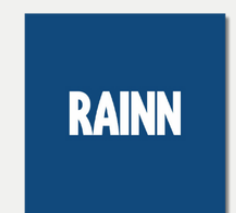
To learn more about NEDA, click [here](#).



The **Substance Abuse and Mental Health Services Administration (SAMHSA)** is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance behavioral health.

DIAL: 800-662-4372

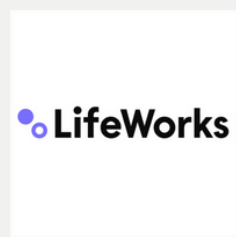
To learn more about SAMHSA, click [here](#).



RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization, operating the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.

DIAL: 800-656-4673

To learn more about RAINN, click [here](#).



Did you know that **Guaranteed Rate Companies** has an **Employee Assistance Program**? Access to free, 24/7, confidential counseling, referral services, legal services, and other dedicated wellness resources.

Click [here](#) to access:

User ID: metlifeeap

Password: eap



Because health is a big deal™

Blue365 is a free health and wellness discount program offered to you as a member of the Blue Cross and Blue Shield System. We offer year-round discounts on gym memberships, fitness gear, healthy eating options, and more.

To learn more about Blue 365, click [here](#).