



RESOURCES

Health & Wellness

GOLDENHEARTWELLNESS.COM

A health and wellness brand dedicated to helping you thrive and improve your overall well-being.

Fitness & Nutrition

OPENFIT APP

Openfit is a digital streaming platform that integrates fitness, nutrition, and wellness together in one place.

Mental Health

TALKSPACE APP

Talkspace is an online therapy platform that provides confidential support of a licensed therapist through an easy-to-use and HIPAA-compliant app.

Self-Care & Resilience

CALM & HEADSPACE APP

Popular apps for easing anxiety and practicing mindfulness. Both offer free trials and free basic packages.

Healthy Recipes

EATINGWELL.COM

Eatingwell offers delicious recipes, balanced nutritional advice, thought-provoking stories and new ways to make healthy choices more exciting.

Free Mental Health Support

CRISISTEXTLINE.COM

Text EMPATHY to 741741 to reach a Crisis Counselor. You can text about anything you're feeling—depression, anxiety, or even if you just need someone to talk to.