



# 85% of First Responders Experience a Mental Health-Related Challenge

**Trust Youturn Health to understand your unique challenges**

**Youturn Health** is a **confidential, virtual program** that supports you through behavioral health-related challenges and addressing personal wellness goals.

## PROGRAM COMPONENTS — FREE ACCESS:

### PEER COACHING

Get unlimited one-on-one support from a trained and certified coach to work through challenges like stress; grief; emotional, relational, and financial wellness; mental health, substance use, and more.

### ONLINE LEARNING PLATFORM

Our virtual library of educational and inspirational videos helps you understand behavioral health challenges, stress management, supportive communication, and substance use.

### FAMILY SUPPORT

When one family member struggles, the whole family struggles, so your family has access to the Youturn Health program at no extra cost. They will be matched with their own coach to work on their unique goals and challenges.

### EMPLOYEES HAVE USED YOUTURN HEALTH FOR:

- Stress management
- Parenting challenges
- Healthy relationships
- Bullying and peer pressure
- Major life challenges
- Self-care
- Blended family transitions
- Maintaining a healthy lifestyle

**IS YOUTURN HEALTH RIGHT FOR YOU AND YOUR FAMILY? REACH OUT TO LEARN MORE:**

**Youturn**  
HEALTH®

- CALL: 888-520-1868
- EMAIL: [admissions@youturnhealth.com](mailto:admissions@youturnhealth.com)

- Enroll: [now.youturnhealth.com/register](http://now.youturnhealth.com/register)
- REGISTRATION CODE: Seattle