



# Explore no-cost virtual mental health services through the **NEA Mental Health Program**

- ◆ Access AbleTo's Self Care+ program through an **easy-to-use mobile app**
- ◆ On-demand evidence-based tools, guided meditations and breathing exercises
- ◆ Personalized and curated content **based on your unique needs**
- ◆ Weekly wellness check-ins, habit tracking, mood tracking and more!

**Learn More**  
**[neamb.com/mentalhealth](https://neamb.com/mentalhealth)**



Exclusive to NEA members, the NEA Members Insurance Trust offers NO-COST ACCESS to the NEA Mental Health Program.

**nea** *Member Benefits*