

Dear Sherwin-Williams Employee:

Managing work and home life can sometimes be a challenge. We are pleased to announce that ASK-Work/Life Solutions is available with emotional wellbeing and work-life balance resources to help keep you at your best. Administered by CuraLinc Healthcare, your program offers guidance to address and resolve everyday issues at no cost to you or your family.

Features include:



In-the-moment support. Reach a licensed clinician by phone 24/7/365 when you call for assistance to help resolve stress, anxiety, depression, burnout, grief, work-related pressures, relationship problems, substance use, or other emotional health concerns.



Short-term counselling. Access no-cost in-person or virtual (video) counselling sessions with a counsellor who is available at a time and place that is most convenient for you.



Coaching. Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.



Work-life benefits. Receive financial and legal referrals, as well as resources for childcare or eldercare, pet care, home improvement, car repairs, travel, education, and more.



Web portal and mobile app. Get help navigating life's challenges from the convenience of your computer, phone, or tablet. Receive program resources and care options based on your unique needs. Simply create a personal profile to access all the valuable information and resources your program offers.



Text therapy. Exchange text messages, voice notes and resources Monday – Friday with a licensed counsellor through the Textcoach® mobile and desktop app.



Self-guided digital therapy. Strengthen your mental health and overall wellbeing at your own pace with Animo's self-guided digital resources and daily inspiration to foster meaningful and lasting behaviour change.



Digital group support. Join confidential moderated group sessions hosted by licensed counsellors through the Virtual Support Connect platform on topics such as stress, grief, mindfulness, preventing burnout and more.



Mental Health Navigator. Complete the short Mental Health Navigator assessment and instantly receive personalised guidance to access care and support.



Explore Mindstream™. A fitness studio for your mind with live and on-demand sessions to help you strengthen your life skills and emotional health. Engage with sessions anytime and anywhere. Return daily to track progress and discover new releases.

All requests for information or assistance are free of charge and completely confidential. You can contact ASK-Work/Life Solutions 24 hours a day, 365 days a year. Access support whenever needed, wherever is most convenient for you, using the information below.



Freephone:
877 847 4525



Direct Dial:
+1 416 956 2979



eap.sherwin.com
group code:
sherwinwilliams



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