## Subject line options

Support for tough times

## Headline

We’re here for you

## Body copy

We all go through tough times, and it’s important to remember we don’t have to struggle alone. With **Here4TN** Emotional Wellbeing Solutions, support is available anytime, 24/7, for the challenges we face together and those that are personal. Here4TN offers confidential\* help with:

* Work/life balance
* Anxiety and depression
* Relationship and parenting challenges
* Financial and legal concerns
* Substance use
* Everyday stress, and more

Make the call. There’s no additional cost to you, and you can even get five counseling sessions per issue, per year.

Call **855-Here4TN** (855-437-3486).

\*This program is confidential in accordance with the law.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor’s or professional’s care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.