## Subject line options

Dealing with a lot lately?

Need a little extra support?

Need someone who’ll listen, and support you?

## Headline

Find encouragement with just one call

## Body copy

Life’s full of challenges, big and small. And sometimes, talking to a person with a fresh perspective can help us make sense of it all and find the best path forward. That’s where **Here4TN** Emotional Wellbeing Solutions can help.

Available 24/7, Emotional Wellbeing Solutions offers confidential\* in-the-moment support for whatever’s on your mind: parenting, caregiving, depression, legal and financial challenges, and more. They can even help you find resources in your community for everything from pet sitting to home repairs. And if you’d like to work with a counselor, you can get five sessions per issue, per year, at no cost to you, online or in person.

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

\*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.