

Navigating Life Stressors

With therapy provided through 98point6, you have access to caring professionals who can offer support through life's peaks and valleys.

98point6 licensed therapists can help with:

- ✓ Day-to-day responsibilities of school and work
- ✓ New job, home or child
- ✓ Dealing with grief, depression and loss
- ✓ Navigating relationship dynamics
- ✓ Managing the stress of health issues

Cost

Eligibility



Stress-related symptoms can include:



Physical: headaches, stomach/digestive problems and sleep disruption



Mental: an increase in negative or unhelpful thought patterns



Emotional: increased feelings of irritability, sadness and negativity around your inability to overcome these challenges

We're here for you

Addressing physical and mental health concerns is made easier with 98point6. Start a primary care visit 24/7 from anywhere, if needed, a care team member will connect you with a therapist.