

# NEA MENTAL HEALTH PROGRAM

## NEA Member Benefits | SANVELLO™

The #1 app for stress, anxiety, and depression.

Get all of the support you need to improve your mental health—anywhere, anytime—with clinically proven techniques based on cognitive behavioral therapy (CBT).

### DAILY MOOD TRACKING

Answer simple questions each day to assess your mood, identify patterns, and track health activities like sleep and exercise.

### GUIDED JOURNEYS

Designed by experts for a range of needs, our Guided Journeys use proven therapies to help you feel more in control and build skills.

### COPING TOOLS

Reach for that “just right” tool to relax, be in the moment, or manage stressful situations.

### PROGRESS ASSESSMENTS

Through weekly check-ins, we help you create a roadmap for improvement. Track where you are, set goals, and make strides week by week.

An ever-expanding library of self-care resources including meditation, coping tools and cognitive behavioral therapy-based experiences helps you build healthy habits and feel better.



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Tools and support people love. But don't take our word for it — take theirs.

*"If you've ever needed something to help get you to a good place, I've yet to find something better. It equips you to handle whatever may arise."*

*"I use this every day. It's like having a good friend give me encouragement, and keeps me motivated."*

*"I feel like I can actually get better. It really is an all-in-one app for me."*



Learn more at [www.neamb.com/mentalhealth](http://www.neamb.com/mentalhealth)



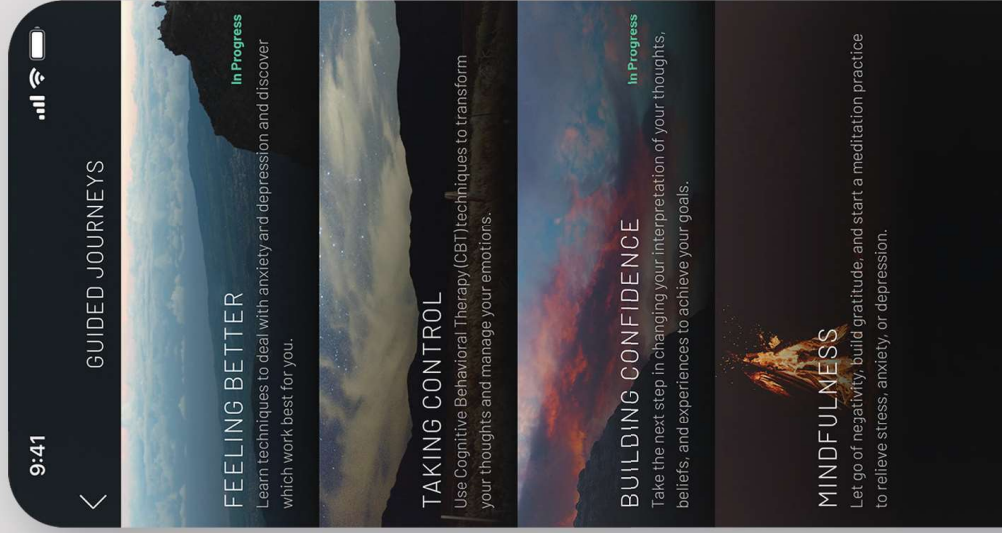
# A place to feel better, wherever you go.

From self-care and peer support to working with trained coaches, Sanvello gives you clinically-proven techniques to get the mental health support you need—on your terms.



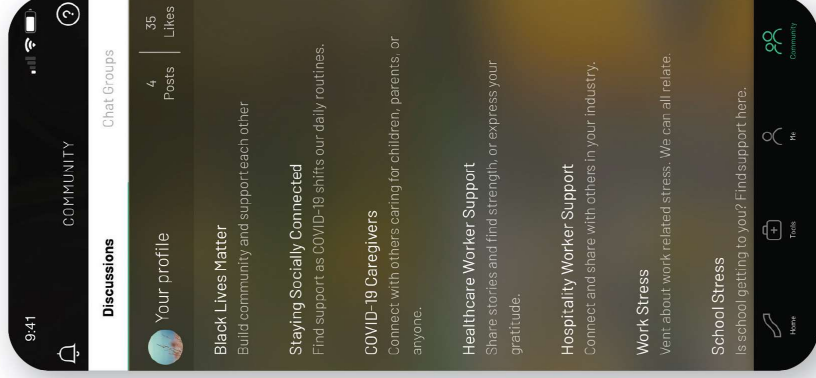
## SELF-CARE

Daily mood tracking, Guided Journeys, coping tools, meditations, and progress assessments to help you find relief when you need it.



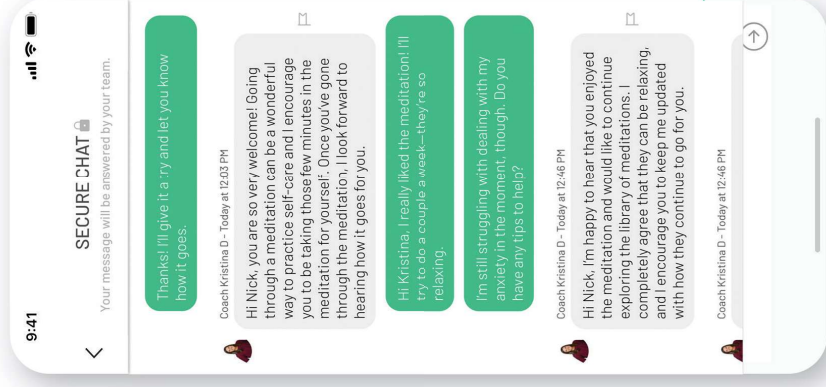
## PEER SUPPORT

Read, share, and engage with posts from the community on everything from stress relief techniques to motivation to gratitude.



## COACHING

Get support to develop your goals, apply new skills, and build resiliency. Privately message your coach anytime or join a group video session.



Learn more at [www.neamb.com/mentalhealth](http://www.neamb.com/mentalhealth)

