

Your pathways to mental, emotional and spiritual health

Many options are available for you when you need support.

Talk to a professional

Employee Assistance Program (Wayne Corporation)

- Free, confidential counseling and support 24/7
- 10 free annual sessions for employees and household members
- Call **(502) 451-8262** or **(800)-441-1EAP**
- Visit WayneCorp.com and select the emotional well-being section to find resources.

Norton Behavioral Medicine

- Licensed therapists and psychiatrists
- You'll need a referral from your Norton Healthcare primary care provider.
- Call **(502) 629-1234**, option 3, or email EFFECT@nortonhealthcare.org for appointment assistance.
- Visit NortonHealthcare.com/MentalHealth for more information.

Other resources

- Find [community mental health resources](#).

Not sure where to start?

For help navigating mental health support options, contact your human resources manager or your leader, or call N Good Health at **(502) 629-2162**.

Self-help and on-demand tools

Take 3 for Me

- 3-minute mindfulness and stress relief videos
- Visit [Norton Healthcare's YouTube channel](#).

N Good Health resources

- Webinars, assessments, tip sheets, videos and wellness coaching
- Visit NGoodHealth.com or download the Navigate Wellbeing app

Anthem resources

- Mental Health Guide
- Emotional well-being resources
- Log in to Anthem.com.

On-site support

Chaplain services and prayer support

- On-site or on-call chaplains for spiritual and emotional care
- Call **(502) 632-8052** to reach a chaplain manager (available 24/7).
- Put in [prayer requests](#) on **Nsite** and ask for follow-up.

Respite and recharge areas

- On-site quiet zones for breaks, deep breathing and resetting
- Visit [Nsite](#) or contact your human resources manager for up-to-date locations.