

Name: _____

Mental and Emotional Health

L S E Q M S C F Y U S W Q T O Q O A R J X K O G
I N D Y S R S X K M H T L A E H L A T N E M U O
V O F U W A S Y W L Q A J Q D O E A G J V U K K
E I R W E N E V Z M U S N K P G L R C P Y I R Z
A S F C M D C H T Q D V W X E R I Z D B F U U M
N S L M O O I Q M Y Z Q G O I E Z D R B Y U K E
D E I O T M V G F Q S Z D L F E P J T U I R G D
W S F N I A R P A E Q Y R S V F T P Q C W E O I
O G E D O C E T U J N G U E J Q I Y A C D E L T
R N T F N T S R Z J O P N V N H X R N J Q T K A
K I R K A O L C O W P I H I Y E E V J X P N C T
W L A S L F A B K O D B N C H E R X Z Y V U B I
E E N E H K I C R Z C X N A R T Q A T F D L N O
L S S L E I C T I K J H U S C Q A H C J C O L N
L N I D A N N J D S T L U Z F L E E V D E V Z V
C U T E L D A U J F U P U O B E U G R Q L M B N
O O I R T N N K C P P R R I X M D B X B W I B P
M C O C H E I A Q O N O I S S E R P E D P F H I
Q E N A D S F P R F V U T J T Z Y P O K C E I C
D E S R D S Q T L I E F C J W Z R B B D V M E D
K R T E D G U P W G N I E B L L E W T S O O B D
Z F Z F Q G M H J P S Y L I M A F N O N A E L A
J X T I R W H O F J O J B E M M G I Z Y G L G A
H J F E L W R E B U I L D F R I E N D S H I P V

free counseling sessions
Financial Services
Build Friendship
deep breathing
Mental Health
elder care
volunteer

random act of kindness
life transitions
Emotional Health
Lean on Family
Join a club
child care
anxiety

liveandworkwell.com
boost well-being
career support
Grief Support
depression
Meditation
EAP