



# FREE EMOTIONAL SUPPORT FOR YOU AND YOUR LOVED ONES (866) 342-6892

**Emotional Support Line, Free of Charge, is available to you and your family.  
You can share this resource with friends and neighbors as well.**

**United Health Care (UHC) through their Emotional Assistance partner, Optum, is providing this free resource to anyone who needs help during this challenging time.**

## **Feeling Anxious Or Stressed? You Are Not Alone.**

- Optum is here to provide resources for work, home and emotional support to help you cope. If you are feeling worried or stressed about COVID-19, call our toll-free help line at (866) 342-6892.
- This 24/7 Optum Help Line is staffed by professionally trained mental health experts.
- This is a free resource you can share with family, friends, neighbors or anyone you encounter needing help.

**The following link is available to everyone and provides tools for managing anxiety and mental health during quarantine and more:**

**[COVID-19 \(coronavirus\) Resources](#)**

