



LIVE LIFE WELL

How are you doing?

Life has its ups and downs and Jabil is here for you. Check out the free resources we have for you and your family. It's okay to ask for help. You're not alone.

Aetna's Resources for Living is here to help

Find help managing anything from stress, anger, depression, relationship issues (home or work), drug or alcohol abuse, child and older adult care, financial planning, and more. You've got 24/7 confidential support with Resources for Living:



Call 833.657.2097 to talk with a counselor. Up to 8 visits per topic each year are free.



Visit resourcesforliving.com (Username: Jabil; Password: EAP). Discover articles, videos, discounts, even online support like Talkspace — where you can regularly message your therapist via text, voice or video.



Suicide and Crisis Lifeline:
Call or text **988**.

