

**Get the First Year the NEA Mental Health Program at No Cost!**

**For NEA members only, the NEA Members Insurance Trust is offering ONE YEAR OF EXCLUSIVE, NO-COST ACCESS to the NEA Mental Health Program, powered by Sanvello.**

‌Rethink how you manage your mental health. Get clinically-validated tools for stress, anxiety, depression, or whatever you’re going through.

Get all of the support you need to improve your mental health—anywhere, anytime— with a confidential, on-demand mobile app which provides evidence-based tools that can help you feel happier over time:

* Daily mood tracking
* Guided journeys
* Coping tools
* Meditations
* Progress assessments
* An anonymous community of peers to reach out to when you need it‌

‌Enjoy unlimited access to Sanvello Premium for 12 months at no cost through the on-demand Sanvello mobile app.

‌Get started now at: [www.neamb.com/mentalhealth](http://www.neamb.com/mentalhealth)