

## HOW ARE YOU FEELING TODAY?



I'm in a good place >



I could use a hand >



I feel stressed and overwhelmed >



I want to talk to someone today >

## Our Commitment

Disney is committed to destigmatizing mental health and breaking down barriers to access resources and care. There is no one-size-fits-all approach to better well-being. Disney offers a variety of easy-to-access and innovative programs that meet the unique needs of each employee and Cast Member. Here you'll find information on available care and services, including access to a counselor, meditation and mindfulness activities as well as tips for building resilience and getting more restful sleep.

**Start by selecting how you are feeling on the left to view a list of available Disney programs and resources.**

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## Life feels steady. I'm content and feeling positive.

### Follow-along virtual activities & videos



Watch instructor-led videos to help you stay healthy, including cooking and fitness.

Visit [Grokker](#) to learn more.



Participate in virtual activities and watch videos for how to stay on top of your health.

Join [BrainBreaks](#) led by the Disney Healthy Pursuits Wellness Team.



Follow guided meditations, animations, articles and videos directed toward your current state of mind, including topics like meditating with kids and mindful eating.

Check out [Headspace](#) for more details.

### Learn tips to stay on top of your health



Connect with a coach on how to stay healthy with a good nutrition and physical activity routine.

Contact [Health Coaches](#) now.

Phone: 1-800-577-7498; Option 2 or say "Disney *Healthy Pursuits* Wellness Team"

### Connect with your community



Join Business Employee Resource Groups (BERGs) at Disney, which bring together employees for insights, support, career development and community engagement.

Check out [Belong.Disney.com](#) to see all BERGs.



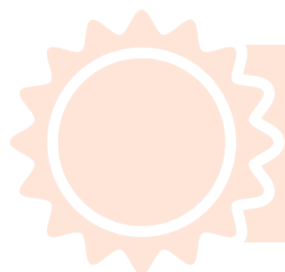
Make a meaningful impact in the communities where you work and live. Start giving back by participating in Disney VoluntEARS opportunities.

Visit [Disney VoluntEARS Online](#) to learn more!

U.S.-based employees. Eligibility may vary based on job status, medical coverage, work location and the terms of any applicable collective bargaining agreement. In the event there is a discrepancy between this information and the governing documents, the governing documents will apply.

This document is illustrative and intended to help you find the programs and services for your individual needs. It is in no way intended to serve as a single mental health solution or diagnosis. Additional programs may be available and Disney reserves the right to modify or terminate programs at any time.

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## Life feels unsettled. I would like help to move in a more positive direction.

### Speak to a professional for guidance



Your EAP can help you and your family members with topics including:

- Stress reduction
- Communication with friends and family
- Child/Teen behavioral counseling
- Anger management
- And more

Contact the **Employee Assistance Program**.

### Take time for yourself



Utilize your available time off through a variety of PTO options.

Visit **D Tools HR** to learn more.

### Follow-along virtual activities & videos



Watch instructor-led videos to help you relax, including sleeping tips, yoga, and mindfulness.

Visit **Grokker** to learn more.



Participate in virtual activities and watch videos for how to relax.

Join **BrainBreaks** led by the Disney Healthy Pursuits Wellness Team.



Follow guided meditations, animations, articles and videos directed toward your current state of mind, including topics like anger, sadness and growth.

Check out **Headspace** for more details.

### Learn tips on how to stay on top of your health



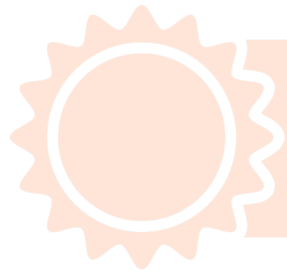
Watch videos and read articles that teach about ways to relax and manage work/life.

Visit **LifeCare** to learn more.

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Life is a struggle. I've had changes in my ability to maintain healthy sleep and eating habits and carry out my daily routine.

### Follow-along virtual activities & videos



Watch videos to help with stress relief, including guided meditations to help lower stress levels and feelings of fear.

Visit [Grokker](#) to learn more.



Follow guided meditations, animations, articles and videos directed toward your current state of mind, including topics like focusing at work.

Check out [Headspace](#) for more details.

### Business- or Location-specific offerings



Talk to your leader or HRBP about other resources.

### Find personalized, confidential support



Speak to a counselor and share what's impacting your daily life. EAP is available to help you and your family for support with topics including:

- Life and job satisfaction
- Relationship issues
- Anxiety
- Depression
- ADD/ADHD
- OCD
- And more

Contact the [Employee Assistance Program](#).



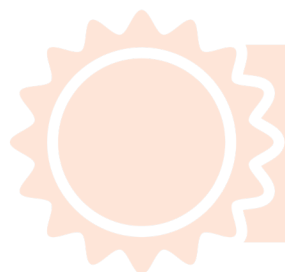
Speak to a representative that can help you find work/life resources.

Visit [LifeCare](#) to learn more.

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## I struggle getting through the day and I need help now.

### Speak to someone today

 Find help by working with a counselor to address what's impacting your daily life. EAP is available to help you and your family with life's challenges, including:


- Traumatic events
- Eating disorders
- Substance abuse
- Domestic violence counseling
- Grief and loss counseling
- Sexual abuse counseling

Find 24/7 help with the **Employee Assistance Program**.

 Depending on your location, you may have other counseling services available to you.

Check with your local HR for more options.

### My stress is affecting my physical well-being, and I need to talk to my doctor

 Speak to your primary care physician for guidance and referrals.

For a list of Disney medical plan/provider contacts (including virtual care), visit **[Benefits.Disney.com](https://Benefits.Disney.com)**.

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## Contact Information At-a-Glance

### Employee Assistance Program

**Cigna**

**1-800-952-6676**

Spanish language assistance is available

To schedule a virtual appointment with On-Site EAP Coaches at your location, please click the appropriate link below:

- [Burbank / Glendale](#)
- [Disneyland Resort](#)
- [ESPN Austin](#)
- [ESPN Bristol](#)
- [ESPN Charlotte](#)

- [ESPN Los Angeles](#)
- [New York City](#) (77 W 66th St)
- [New York City](#) (Times Square Disney Store)
- [Walt Disney World](#): For assistance with scheduling an on-site EAP appointment please call 1-800-952-6676

Don't know how to get started? Contact the [Disney Benefits Center](#)

[D Life | My Benefits](#)

- **US: 1-800-354-3970**
- **Outside of US: 1-508-787-9902**
- **Haitian Creole: 1-866-686-6783 (press 1)**
- **Vietnamese: 1-866-686-6783 (press 2)**

### Headspace

[Work.Headspace.com/Disney/join](https://work.headspace.com/Disney/join)

### LifeCare

[Lifecare.com/Disney](https://lifecare.com/Disney)

**1-866-574-7229**

### Grokker

[Grokker.com/Disney](https://grokker.com/Disney)

[support@grokker.com](mailto:support@grokker.com)

### Health Coaches

**1-800-577-7498**

(press 2 or say "Disney Healthy Pursuits Wellness Team")

### Disney Medical Plan/ Provider Contacts

[D Life | My Benefits](#)

Find the directory of all health plans on the [Contacts page of Benefits.Disney.com](#)

### Global HR Operations

[D Tools HR](#)

Questions about a leave of absence:  
**1-321-939-7800**

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