Emotional Well-being at Walmart

Well-being at Walmart means having benefits that support all aspects of life – especially when it comes to emotional well-being. Associates and their families have access to a variety of mental health resources to help them manage stressors, build resilience and get the care they need fast.

**Everyday Help and Counseling**
Associates and their families have access to unlimited peer-to-peer chat, as well as 20 no-cost, confidential therapy or mental health coaching sessions per person, per year – how, when and where they need it.

**Virtual Care**
No cost video visits with licensed therapists, psychologists and psychiatrists are available for associates and their covered dependents enrolled in most Walmart medical plans.

**Workforce Mental Health**
Emotional well-being awareness education for frontline leaders that equips them with tools to support associates.

**Proactive Outreach**
Mental health professionals proactively reach out to associates with the goal of providing support and an early connection to care.

**Group Support**
Associates can access anonymous peer support and group chat in moderated forums, allowing them to connect with people who understand their struggles.

Learn more about well-being at Walmart.