



# 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

