

MENTAL HEALTH RESOURCES

At Zions Bancorporation, we offer a comprehensive benefit package which includes several resources to support mental health.

ZIONS BANCORPORATION

LifeWorks

It's about you; self-care isn't selfish.

LifeWorks is a confidential program brought to you and your family free of charge to help you manage personal and work issues. LifeWorks consultants are available 24 hours a day, seven days a week, 365 days a year to talk about practical solutions on issues that affect you — whether they be in your life, health, family or work.

Username: zions
Password: lifeworks

[ACCESS LIFEWORKS](#)[ANXIETY AND DEPRESSION](#)[EMOTIONAL WELLBEING](#)

Aetna and Kaiser

Health for your mind, body, and spirit

Aetna and Kaiser offer various resources to help you achieve and maintain optimal mental and emotional health. Mental health services are subject to the deductible.

[KAISER FLYER](#)[AETNA FLYER](#)[MINDCHECK FLYER](#)

NAMI (National Alliance on Mental Illness)

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

[NAMI HELPLINE](#)

NIMH (National Institute of Mental Health)

Transforming the understanding and treatment of mental illnesses.

[ACCESS NIMH](#)

Crisis Resources, including:

In an emergency,
access the suicide hotline:
800-273-TALK

[TREVOR PROJECT](#)[CHILD ABUSE HOTLINE](#)[DOMESTIC VIOLENCE HOTLINE](#)[ANTI-BULLYING HOTLINE](#)