

Feeling stressed or burned out? You're not alone.



We're here to help you be your best both in and out of work.
Explore these tools to reduce stress and feel healthier and happier.



Download the [Koa Health Foundations app](#).

Koa Health Foundations helps you ease stress, reduce burnout and fatigue and make your emotional well-being a priority.



Connect 1:1 with a counselor through the [Employee Assistance Program](#).

Talk with an experienced clinician to get assistance with anxiety and depression, job pressures and other concerns. You receive five free sessions per issue, per year.



Talk to a [Mental Health Ally](#).

Connect with a Global MHA for confidential support and guidance to resources that can help.



For more ideas, take a look at all of our
[global emotional well-being benefits and resources](#).