## subject line options:

Together, we’ll get through this

Thanks for keeping our state strong

On behalf of everyone in Tennessee, thank you

## body copy:

It’s been a stressful year for us all — at work, at home and in our communities. But through it all, you’ve helped keep Tennessee strong, and for that, I’m grateful.

While I’m hopeful easier days are ahead, I also want to be sure you know just how much support is available all year long. Your well-being remains a priority for us, and with **Here4TN**, you can get 24/7 help:

* Dealing with relationship issues
* Managing stress
* Finding childcare or eldercare resources
* Getting support for substance use concerns
* Finding resources like repair or lawn-mowing services

You can also get five confidential counseling sessions per issue, per year — at no additional cost to you.\*

Call 855-Here4TN (855-437-3486) anytime to connect.

Stay safe, keep positive and take care!

<name>

*\*Here4TN EAP services are available to you and your family at no extra cost as part of your benefits.*

*State and Higher Education: EAP services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.*

*Local Ed and Local Gov: EAP services are available to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.*

*Note: The five EAP visits per year, per issue are per individual. Members are ineligible for EAP visits while they are currently receiving Behavioral Health services.*

*All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.*