



# Mental health at Walmart

You've got support for all aspects of life. You can choose how to protect and enhance your mental health: in-person or virtually, with self-directed tools, or with a caring professional.

Most of these tools are available at no cost to you—even if you're not enrolled in a Walmart medical plan.



## Access ongoing support.

Get 20 visits with a mental health professional at no cost to you. You and your eligible family members can schedule appointments with licensed therapists virtually or in person, and mental health coaches virtually. And for in-the-moment support, you can connect with a licensed clinician 24/7.



## Connect with a psychologist or psychiatrist in person or virtually.

If you are looking for support, your Walmart medical plan covers mental health services, too.



## Find peer support.

Access a group chat monitored by a trained moderator and connect anonymously with people who are dealing with similar struggles as you.



**Take a guided microbreak** to reduce stress, reset, and refocus by downloading an app directly to your Walmart Microsoft Teams account.



## Get help when you need it most.

Everyone needs help from time to time. A licensed clinician may reach out to you to check in, offer support, or connect you with other benefits.



## Take time away.

Focus on the things that matter most with paid time off, or qualifying paid or unpaid leaves of absence.



### Benefits key

- Available on Day One as a Walmart associate
- Part of most Walmart medical plans
- Eligibility rules apply
- No cost for service



Learn more about Well-being at Walmart  
Scan the code or visit [One.Walmart.com/Wellbeing](https://One.Walmart.com/Wellbeing)

Get personalized help navigating your benefits with Help Now.  
[One.Walmart.com/HelpNow](https://One.Walmart.com/HelpNow)

### Benefits and programs described are applicable for 2025.

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