



Life happens. Let's make it *easier*.

Whether you're dealing with a major life change or just having a tough week, help is closer than you think.



Counseling that works for you



Legal, financial and work-life support



On-demand resources



Workplace stress

Workplace changes and conflicts can be tough. Speaking with someone can make things feel more manageable.



Dealing with grief

Suffering a loss is one of life's hardest experiences, but you don't have to go through it alone.



Money worries

While financial stress may feel daunting, mental health experts can offer helpful coping strategies.



Coping with an illness

A difficult diagnosis can be scary and exhausting. Discover ways to support yourself or a loved one.



Relationship troubles

Navigating a breakup or strained relationship with family or friends can be tricky. Get tools that can help.



Parenting challenges

Raising a family can be a source of great joy and great worry, but it's possible to find a balance.

Start here:

UndertheHat.com is your gateway to support, stories and tools that make a difference.



Mental maintenance matters. Start here.