



Under the Hat, Under your Roof

Mental health support made for your family

Under the Hat can connect you with the company's mental health support partners who offer easy, confidential access to resources, helping your family feel better, faster.



Relationship rough patch?

Whether you're dealing with a communication breakdown, loss of trust or just growing apart, working with a couples counselor can help you build a stronger connection.



Struggling with parenthood?

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



Need to focus on self-care?

Like putting on your oxygen mask first, taking care of yourself helps you better care for others. The company's mental health partners offer access to support, so you don't have to wait to feel like yourself again.



Access to family care experts

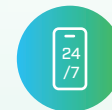
Access specialists to help kids with challenges like bullying, social isolation, body image issues and academic stress.



Counseling that works for you



Legal, financial and work-life support



On-demand resources

Resources to support you and your family:

Whether you're supporting a family member or focusing on your own well-being, Under the Hat can connect you to help.



Mental maintenance matters. Start here.