

# Health and wellbeing

## Free mental health and wellbeing resources

All of us have moments when life gets tough. Sometimes you just need someone to talk to. Because taking care of your mental health is important.

### If you're in crisis

If you're in a crisis, call the Suicide Prevention Hotline at 1800 2588 121 or 1800 2588 999.

**1to1help** is ready to help with small issues, big problems, and everything in between, such as:

- Developing resilience and managing stress
- Improving relationships at home or work
- Getting past emotional issues or grief
- Addressing depression, anxiety, or substance-use issues

### Eligibility

All regular employees, interns, co-ops, SelectTime employees, seasonal employees, and 3 family members.

### How it works

#### How to enroll

You are automatically enrolled.

#### How to get started

Connect with confidential help.

You have access to an unlimited number of free, confidential counseling sessions (in-person, by email, telephone, video, or chat) for each need that you have, each fiscal year.

## Mindfulness and resilience resources

Improve your state of mind and ability to manage life's stresses with these innovative, digital programmes and coaching resources.

### Eligibility

All regular employees are eligible for mindfulness and resilience programmes.

### How it works

Select the programme(s) that work best for you.

#### Virgin Pulse life coaches

Through **Virgin Pulse**, our telephonic wellness coaching programme offers access to certified professional coaches who provide individualised, goal-oriented guidance, wellness education, strategy development, and encouragement. They can help you design wellness plans for weight management, nutrition, tobacco cessation, physical activity, stress management, and overall lifestyle improvement. Coaching sessions are designed to motivate you, build confidence in your ability to make behaviour changes that will last, and help nurture new habits that lead to long-term success.

To get started, [log in to your Virgin Pulse account](#). Under the Programmes tab, select **Work Place Options: Live Well Wellness Coaching** to choose a topic and find a date and time for your initial call. The call length varies, and you can have up to 6 calls per year with your coach.

### RethinkCare for adults

Want to relax and stress less? Increase your creativity, innovation and resiliency? Communicate more clearly? Find more joy in life? Where there's RethinkCare, there's a way!

Through Virgin Pulse, you can access the RethinkCare digital mindfulness platform and explore more than 1,250 sessions with master trainers. Just choose your programme and select a 1-, 5-, 10-, or 20-minute session and you'll be on your way to greater mindfulness!

RethinkCare programmes include:

- **Learn the basics of mindfulness:** Learn foundational mindfulness training techniques and practices to improve all aspects of your life.
- **Be a better leader:** Through the on-demand [Search Inside Yourself™](#) programme and the SIY Advanced Training, you can sharpen your skills in the areas of self-awareness, empathy, communication, and leadership. Search Inside Yourself was developed inside Google and is now a globally recognized programme offered by corporations, nonprofits, and government organizations.
- **Boost your physical health:** Master new skills to stay active and healthy through athletic mind training, relaxation breathing, and more.
- **Create mindful relationships:** Learn to build empathy and strong relationships with friends and loved ones.
- **Perform at your best:** Become more confident, creative, and curious—so you can unlock your full potential.
- **Develop self-awareness:** Reach your peak performance

by improving your most important relationship: the one you have with yourself.

- **Know your emotions:** Learn how to face grief, anger, and anxiety by turning difficult emotions into growth opportunities.
- **One-minute practices:** Take short breaks to power down, power up, and power forward.

### How to get started

Sign up for RethinkCare through Virgin Pulse.

If you're new to Virgin Pulse, [log in](#) and select **Sign Me Up**. Registering for Virgin Pulse will give you access to RethinkCare.

If you're an existing Virgin Pulse member, [log in](#) to Virgin Pulse. (If you're not signed in on the Intuit network, you will be prompted to enter your Intuit directory username and password.)

Download the Virgin Pulse app from [Google Play](#) or the [App Store](#) for convenient mobile access.

### RethinkCare's Grow programme for teens

Studies show teens who practice mindfulness improve their focus, concentration and school performance. RethinkCare's Grow programme can help your teen be healthier, have better relationships, perform optimally, increase their performance at school and in sports, or get more sleep.

Your dependents ages 13 and older can register and instantly gain access to more than 30 training goals supported by 250 programmes and 1,500 unique sessions. The Grow programme is based in science, mindfulness, and positive psychology.

First-time Grow users: Your children ages 13 and older can access RethinkCare's Grow programme by creating an account at the [Intuit-specific Grow site](#) and then start their mindfulness practice. Once registered, they can use Grow on their computer

or through the app to practice anywhere.

## Other resources

### Wellbeing for Life programme

Have a regular massage therapist who helps you cope with life's stressors? Getting support to find your path with a life coach? The **Wellbeing for Life programme** supports you in your mental health and wellbeing journey. Get reimbursed for eligible expenses that support your mental health and wellbeing.

## Safe space

For people who feel different because of their gender, sexuality or other aspects of their identity, our world can be a challenging place. These people may find it difficult to truly be themselves. Many of us could use a safe space to safely explore ourselves, as well as the challenges that arise from living and working in environments where we can often feel outside the norm.

### Talk with someone

Intuit has partnered with **InnerSight** to provide counseling services to employees who are dealing with issues around their gender, sexuality or other identity matters and could use support and guidance.

To help ensure your privacy and confidentiality, we've designated a room, called a "safe space," where you can feel comfortable having candid conversations with a trained, supportive professional. The safe space is on the ground floor of Building 8, on the Intuit campus. An InnerSight counselor is available every Wednesday from 1 p.m. to 3 p.m.

The InnerSight counselor:

- Provides a safe and nonjudgmental place to explore gender, sexuality and other matters.
- Shares resources, networks and other knowledge that can help.
- Maintains confidentiality.

The safe space is also for anyone who has ambivalent or negative views about gender and sexual diversity, or finds themselves at odds with Intuit's inclusion policies, and wants to talk to someone about their feelings, knowing they won't be judged for it.

## Who is eligible

All employees, interns, co-ops and seasonal employees, as well as eligible family members, are eligible.