



Mental Wellbeing Program

Get Free Counseling
1-800-222-8590

Mental Wellbeing Support

Kwik Trip partners with AllOne Health to provide a 24/7/365 Mental Wellbeing Program that better meets the needs of our coworkers, their spouses, and dependents. This program is available at no cost to you!

Counseling and Other Benefits

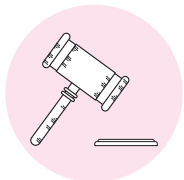
You get 10 counseling sessions (available in-person or virtually) per topic. Topics can include:

- Anxiety
- Depression
- Grief
- Trauma
- Anger
- Job stress
- Parenting stress
- Situational stress
- Alcohol/drug abuse
- Marital/relationship problems
- And more

In addition, you can also get:



**Crisis
Support**



**Legal
Referrals**



**Financial
Consultation**



**Life
Coaching**



**Personal
Assistance**

Support at Your Fingertips

Download the **AllOne Health** app for convenient access to mental wellbeing support. Use the app to:

- Schedule virtual appointments
- Submit requests for in-person counseling appointments
- Get real-time answers and support through the on-demand chat feature
- Access self-guided therapy modules



**Apple
App
Store**



**Google
Play
Store**