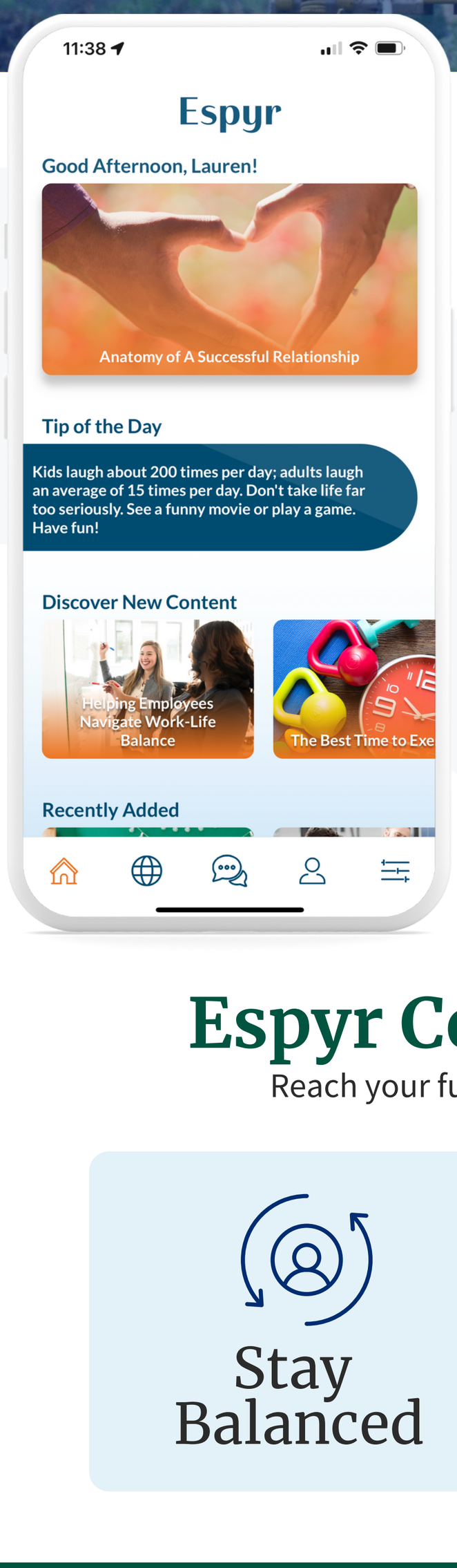
ON-DEMAND MENTAL HEALTH & WELL-BEING APP

Espyr Connect

Espyr Connect delivers on-demand resources to help your people manage their well-being with useful tips, relevant articles, assessments, and motivational exercises. Access your mental and behavioral health services including Tess and TalkNow® via the app to get the personal attention and immediate care you need easier than ever. Espyr Connect is secure, confidential, and available 24/7.



3 Easy Steps to Get Help

Resources and services at your fingertips.

1. **Download Espyr Connect**
   Download the app from Apple or Google Play Store
2. **Create Your Account**
   Use your Organization ID: usdafpac, full name, and email to get registered
3. **Start Exploring**
   Update your profile, browse the resources, get immediate help, and save your favorite articles

Espyr Connect's Well-Being Impact

Reach your full potential with Espyr Connect. Find resources that help you:

- Stay Balanced
- Reduce Stress
- Be Resilient

USDA

Organization ID: usdafpac
For additional support, visit:
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