



AmeriCorps

Acentra  
HEALTH

# AmeriCorps VISTA: Member Assistance Program

Free | Confidential | 24/7



**Counseling** for stress, marital and family problems, job-related concerns, life transitions, work-life challenges, emotional issues, and other concerns.

- **TalkNow**® provides immediate access to counselors for in-the-moment support.
- Up to **3 counseling** sessions to help build coping skills and solutions, virtual or in-person.



**Tess** is a supportive AI chatbot that's available 24/7, for unlimited conversations to help manage stress, increase self-awareness, build resilience, and discover helpful resources.



**Life Coaching** from coaches to help you develop skills, maximize strengths, improve resilience and overcome barriers to reach your full potential.



**Legal** assistance for divorce, family law, wills, adoption, identity theft recovery, mediation and more. Get a free 30-minute consultation and 25% discounted rate from the mediator or attorney fees for services rendered beyond the Member Assistance Program.



**Financial** consultation regarding debt matters, investment options, money management, taxes, and retirement planning. Financial personnel services are discounted at 25%, as are CPA tax preparation fees.



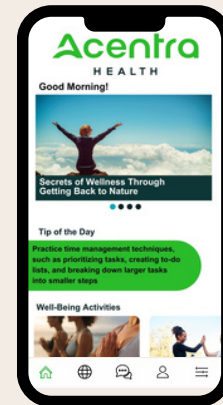
**Work-Life** consultants for resources and verified referrals for personal and family needs, including:

- Childcare and Eldercare
- Convenience/ Daily Living
- Adoption
- Health and Wellness
- Pet Care
- Relocation
- Academic
- Work-Life Kits

AmeriCorps has partnered with Acentra Health to provide you with immediate support to help improve your well-being.

## ACCESS YOUR SERVICES

**App:** Download the mobile app to access on-demand resources, services, and more.



Download  
Now



**Organization ID:** AmeriCorpsMAP

**Online:** [care.espyr.com](https://care.espyr.com)

**Call:** (800) 869-0276

**Tess:** Chat with Tess by texting "Hi" to (442) 245-8065 or via the *espyr Connect* app.

**Chat:** Chat live through the *espyr Connect* mobile app to ask a question, request services, or receive immediate counseling support.