

## WELLNESS PROGRAMS

There are a variety of wellness programs available to Legislators.

### **Living Resources Program:**

- The Living Resources Program offers various services such as:
  - Confidential short-term counseling visits
  - Legal and financial information, support and resources
  - Work-Life solutions
  - Wellness coaching
- Visit <https://www.maine.gov/bhr/oeh/benefits/living-resources> for additional information or call 1-844-207-LINK (1-844-5465, TRS: Dial 711) for 24/7 live assistance.