



ACHIEVE SOLUTIONS[®]

Achieve Solutions is an award-winning website filled with trusted information on health and wellness and behavioral health issues.

We encourage you to access this site as often as you like. Visit Achieve Solutions to:

- Access a library of educational materials, including information on depression, anxiety, money and legal concerns, stress and relationship issues, disasters and trauma, caregiving and work/life balance.
- Take quizzes and trainings.
- Use calculators.
- Listen to audio clips.
- View videos and webinars.
- Read news briefs and feature stories.
- Access care providers and community resources in your area.

SITE FEATURES

- More than 6,000 articles in 200 different topic areas, clustered in centers:
 - Alcohol & Other Drugs
 - Anxiety
 - Depression
 - Emotional Wellness
 - Family Care & Education
 - Health & Wellness
 - Money & Legal
 - Relationships
 - Work
 - Managers' Tools
- Popular topics such as marriage, depression, debt and credit, stress and divorce
- A variety of content such as:
 - Healthy Strategies to Manage Stress (training)
 - Conquer Life's Setbacks With Resilience (training)
 - Managing Change: Making It Happen (article)
 - EAP and work/life orientation (video)
- An English and Spanish-language version of the site

CHANGING HOME PAGE FEATURES

The home page changes frequently to feature articles, webinars, trainings, audio files, videos and quizzes across a broad range of topics.

Check back often!

CONTENT CREDIBILITY

Content providers include the Boston College Center for Work and Family; the University of Florida McKnight Brain Institute; The Stepfamily Association of America; Workplace Options and others. The clinical content undergoes a stringent peer review process prior to publishing and then is reviewed annually. You can trust that the content item you are accessing is current and accurate.

AWARDS

The site and its deep content base have received numerous awards, including the e-Healthcare Leadership Award for Best Health/Healthcare Content and Best Overall Internet Site.

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