



Emotional Well-being at Walmart

Well-being at Walmart means having benefits that support all aspects of life – especially when it comes to emotional well-being. Associates and their families have access to a variety of mental health resources to help them manage stressors, build resilience and get the care they need fast.



Everyday Help and Counseling

Associates and their families have access to unlimited peer-to-peer chat, as well as 20 no-cost, confidential therapy or mental health coaching sessions per person, per year – how, when and where they need it.



Virtual Care

No cost video visits with licensed therapists, psychologists and psychiatrists are available for associates and their covered dependents enrolled in most Walmart medical plans.



Workforce Mental Health

Emotional well-being awareness education for frontline and campus leaders that equips them with tools to support associates.



Proactive Outreach

Mental health professionals proactively reach out to associates with the goal of providing support and an early connection to care.



Group Support

Associates can access anonymous peer support and group chat in moderated forums, allowing them to connect with people who understand their struggles.



Learn more
about well-being
at Walmart

