



Sukhi

Sukhi is an interactive wellness platform that guides you through cultivating emotional resilience, building physical strength, mending relationships, stabilizing finances, and discovering career fulfillment. Sukhi offers:

- Convenient on-demand micro lessons ensure that you get valuable insights in just a few minutes
- Live quarterly wellness workshops with Sukhi experts
- An ever-growing network of professional experts providing industry-leading content
- Access to the Sukhi platform via desktop or mobile app
- Expansive coverage of relevant wellness topics, including:
 - Mental health
 - Stress management
 - Relaxation
 - Communication
 - Sleep
 - Finances
 - Trauma
 - Yoga
 - Ergonomics
 - Diversity, Equity, Inclusion
 - Nutrition
 - Professional development
 - Work-life balance
 - Relationships
 - Positive psychology
 - Grief
 - Meditation
 - ...and more!

Learn more and take advantage of this valuable resource by logging in to your Wellspring EAP website at wellspringeap.org with your username and clicking on the **Sukhi** banner on the homepage. Register online and download the mobile app for access on-the-go, or use the platform on your desktop.

For questions about the benefit, call Wellspring EAP at 1-800-553-7798.

For technical support or help with the platform, please email: StaySukhi@TheSukhiProject.com

Online: wellspringeap.org • Your username is your company name
Toll-free 1-800-553-7798 • TTY 1-855-684-5661