

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/oe/benefits/living-resources> for additional information or call 1-844-207-LINK (1-844-5465, TRS: Dial 711) for 24/7 live assistance.