



Helpline Support Services

24/7 Emotional Support

Speak with a counselor anytime—whether you're overwhelmed, facing a crisis, or just need someone to talk to.

Need immediate support?

Call the Modern Health Helpline at 866-535-6463 (English only). For additional numbers in local languages, see the next page.

If your country is not listed, please contact Human Resources to obtain your local phone number.



How to access

Located through "Contact Us" under the settings gear icon in the upper right hand corner of the app

or through "Access the 24/7 Crisis Information" under the settings gear icon in the upper right hand corner of the app.

