

Northstar EAP introduces TESS!*



Northstar presenting text-for-support services through Tess!

We now offer a new resource to help you get through your days and be there for you during off hours as well.

We're bringing in Tess, the text-based virtual mental health tool that provides on-demand emotional support to help you manage stress and stay balanced.

Chat with Tess for unbiased wellness care in the moment you need it the most. Build resilience and self-awareness by practicing coping skills at your convenience.

- **TEXT "Hi" to (906)208-4204 to begin your conversation with Tess today!**
- **All conversations are confidential and free.**

