

Is something
wrong with
me?

Will I ever
stop
grieving?

I hate
my body.

I'm so
tired.

I don't
enjoy music
anymore.

I'm
overwhelmed.

People
make me
nervous.

I have
trouble falling
asleep.

I can't
concentrate.

My partner and I
argue about little
things.

Are emotions consuming you?

We invite you to talk with a professional in a
safe, comfortable place — from your home.

Download the free mobile app for HMSA's Online Care® or
visit hmsaonlinecare.com. Browse our providers that include
psychiatrists, psychologists, counselors, marriage and family
therapists, and social workers. They can help you understand
yourself and your emotions. There's no judgment.

It's OK to get help.



Available for most Apple and Android devices and tablets. You must be in Hawaii to use
HMSA's Online Care. Depending on your health plan, you may be charged a copayment.
AmericanWell® is an independent company providing hosting and software services for
HMSA's Online Care platform on behalf of HMSA.

