



Access Your

Mental Health Month Toolkit




Daily Mental Health Tips: Dive into daily inspiration and quick practices to supercharge your well-being.



5-Week Journal Journey: Ignite mindfulness and reflection with thought-provoking prompts.



Week-at-a-Glance: Personalized activities for therapists and patients to build transformative weeks.



Tava Health is a mental health benefit available to Jackson Health employees. Access to mental health resources is totally covered by your employer, and depending on your medical plan, therapy sessions with Tava therapists may be available at little- to no-cost.

We hope this toolkit will help you on your way to your best self!

How long does it take to work?

Results vary from person to person and their individual needs. You cannot rush the road to recovery, but roughly 92% of Tava users experience improved mental health after just 4 sessions.

Is online therapy effective?

Yes, online therapy is a proven approach to improving your mental health. Research shows that online therapy is as effective as in-person therapy, and is more accessible.

If I use Tava, does it go “on my record”?

No, as a mental healthcare platform, HIPAA laws apply to our services. This means that records of your services are private and are unavailable to others without the written consent of the identified patient (or legal guardian) unless disclosure of information is required by law or court order.