



Progyny's Fertility & Family Building Benefits Emotional and Mental Health Resources

On the path to parenthood, we recognize that emotional well-being can often be overlooked. We partner with Progyny, a leading fertility, family building, and women's health benefits solution to offer comprehensive family building benefits to eligible individuals. Pair with a Progyny Care Advocate (PCA) to support your clinical and emotional questions throughout your journey. In addition, access comprehensive treatment coverage and high-quality care through a premier network of fertility specialists.



Explore resources on emotional support during a family building journey:

- **Resource Hub:** Emotional Support and Awareness [↗](#)



Articles:

- **Article:** You've got this: Self-care & emotional coping during fertility treatment [↗](#)
- **Article:** Managing stress during fertility care [↗](#)
- **Article:** Supporting your partner during a fertility journey [↗](#)



Webinars, DocTalk, and This is Infertility Podcast:

- **Webinar:** Managing emotional exhaustion on a family building journey [↗](#)
- **Webinar:** It takes a village: Support on your family building journey [↗](#)
- **DocTalk:** Navigating the two-week wait [↗](#)
- **Podcast:** Episode 183: Overcoming the emotional toll of infertility [↗](#)
- **Podcast:** Episode 200: How Laura overcame infertility & postpartum depression [↗](#)

To learn more about your available family and women's health benefits, contact Progyny at 888.597.5065.

Progyny is available Monday through Friday, 9:00 am–9:00 pm ET.