



Supporting Those Who Serve the Church

✓ Live Fully Alive

You are invited to flourish! HOPE offers tools and resources to support your whole-person wellbeing – spirit, mind, and body – to live fully alive in Christ's love for you.

✓ Belong and Flourish, as One

HOPE creates a sense of belonging and support in the Church. As Pope Benedict XVI wrote, "Our lives are involved with one another, through innumerable interactions they are linked together. No one lives alone."

✓ Mental Health Resources

Anxiety, depression, and fatigue are real. HOPE provides access to compassionate support, and guidance including faith-aligned behavioral health counselors.

✓ Thrive in Your Story

You matter! HOPE helps you align your health, career, vocation, and personal life as a whole person to flourish.

What HOPE Offers at No Cost to You

✓ Personalized Wellness

Receive Catholic Wellness Programming, Coaching and Spiritual Direction tailored to your needs. Get access to resources and tools that help you take care of your whole health as an integrated person in spirit, mind, and body!

✓ Culture of Holiness & Virtue

You are created good, and your life is a gift from God! Help foster a workplace that values your innate dignity, encouraging your personal growth and wellbeing.

✓ Work-Life Balance

Access life services that help you manage stress, utilize your unique God-given gifts and strengths, and prioritize what matters most in your life.

✓ Opportunity for Rewards

Earn raffle entries by engaging in activities that invest in you and your flourishing. Track your activities conveniently through the portal.

HOPE is available to you 24/7.
Employee participation is free and confidential
For more information call: 1-866-596-4673

To access your HOPE portal, visit:
assethealth.com/hopeatmcc

