



Mental Well-being Starts Here

Your mental health is just as important as your physical health. Whether you're managing everyday stress, navigating a life change, or looking for professional support, Dollar Tree offers resources to help you and your family thrive. Many of these programs are available at no cost, even if you're not enrolled in a Dollar Tree medical plan.

Support for your mind—no medical plan required

Free visits with a Mental Health professional

Get support when you need it. Through Emotional Wellbeing Solutions (EWS), you and your eligible family members have access to:

- 24/7 support from licensed clinicians for immediate help
- Virtual and in-person visits with licensed therapists
- Mental health coaching for everyday challenges

Find support for life's challenges

Life can be complicated—but you don't have to face it alone. Access confidential resources for:

- Financial and legal guidance
- Stress, anxiety, depression, and grief
- Parenting and eldercare support
- Relationship and workplace concerns
- Everyday work-life challenges

Pause. Reset. Recharge.

With Calm Health, you can take personalized microbreaks and build healthier habits through guided tools designed to help you:

- Manage stress and anxiety
- Improve sleep and build resilience
- Support your overall emotional well-being

Rest and Restore

Your paid time off benefits help you step away when you need it, prioritize your well-being, and focus on what matters most—at work and at home.

Mental Health Benefits with a Dollar Tree medical plan

Fast access to Behavioral Health care

You can be seen by a behavioral health provider sooner, helping you access care without the long wait times often experienced elsewhere.

Get help when you need it most

Everyone needs help from time to time. A licensed clinician from Included Health may reach out to you to check in, offer support, or connect you with other benefits.

Virtual Mental Health Care

Your Dollar Tree medical plan includes convenient virtual visits with licensed psychologists and psychiatrists through Included Health, making it easier to access care wherever you are.

Support for Substance Use

If you're ready to reduce or stop using tobacco, alcohol, or other substances, Pelago provides confidential, personalized support for you and your eligible dependents.

Key



Available on Day One as a Dollar Tree associate



Eligibility rules apply



Part of most Dollar Tree medical plans



No cost for service

Scan to access the mygrowth Well-being Guide



Our mygrowth guide connects you to the tools and well-being benefits available to support you and your family.

Explore your Benefits & Well-being at Dollar Tree



Scan the qr code to visit mytree



Scan the qr code to visit Included Health

All information within this document is intended to be a brief overview of available well-being resources for those associates, dependents, and/or family members who meet the specific eligibility criteria for each program. The description of these benefits are not guarantees of current or future employment or benefits. If there is any conflict between this information and the official plan documents, the official documents will govern.

Benefits and programs described are applicable for 2027.

