



Text with a coach 24/7 for everyday support + A self-guided library of skill-building resources

Ginger coaches are here to help you with whatever you're going through, whether it's anxiety, stress, relationships, or anything else on your mind. Start a text-based chat with a coach today or schedule a time for later.

Additionally, Ginger offers over 200 resources you can engage with on your own terms. In the Self-Care library, you'll find podcasts, articles, tips, and more that teach a wide range of skills, including mindfulness, stress management, coping with loss, and more.

Paycor provides mental healthcare through the Ginger app to you and your dependents age 13 and older. Ginger offers on-demand, confidential mental healthcare through coaching via text-based chats, self-care activities, and video-based therapy and psychiatry—all from the privacy of your smartphone. Ginger is available in Spanish.

Get Started with [Ginger](#)

1. Download the [Ginger Emotional Support app](#).
2. In the app, tap "Create account," then "My Organization."
3. Follow the instructions. You're all set!

Your dependents also have access to Ginger.

Adult dependents (age 18+) must download the mobile app and tap "Sign up as a dependent" to get started with Ginger.

Teen dependents (ages 13-17) must be referred by their parent/guardian. To refer your teen, open the app, tap "Profile," then "Dependents" so we can send them an email invitation to Ginger.

But wait, there's more...

Bi-weekly tips delivered to your inbox.

[Subscribe to the Ginger Journal](#)

Live, interactive sessions with a Ginger coach.

[Register for a webinar](#)

Have a question? Email us at help@ginger.com

For more information regarding your benefits with Paycor, visit [Paycor Benefits \(mypaycorbenefits.com\)](https://mypaycorbenefits.com)