

Helping You Thrive

Everyone experiences challenges that can impact their mental health. Kwik Trip offers a benefit called the Mental Well-Being Program powered by ERC: Counselors & Consultants that can help you address mental health issues and create positive ripples in your life.

- The program provides short-term mental health counseling for you (coworkers), your spouse, your dependents, and those in your immediate household.
- There is no cost or co-pay to use the program, and it is not tied to your health insurance. Kwik Trip sponsors this mental health benefit.
- Counseling is confidential and HIPAA protected. No identifying information is provided to Kwik Trip without your written consent.
- ERC has a team of licensed counselors as well as a network of proprietary counselors throughout the nation to assist you where you are located.



How to Use Your Mental Well-Being Program



1. Recognize an Issue

The program can help you address relationship and family issues, stress, anxiety, depression, grief, alcohol abuse, and other mental health concerns.



2. Schedule an Appointment

Call 1-800-222-8590 to make an appointment with a counselor. Your free and confidential benefit can include telephonic, video, or face-to-face counseling (where available).



3. Talk with a Counselor

During your counseling sessions, you and your counselor will talk about your concerns and develop an ongoing plan for meeting your mental health goals.

For in-the-moment mental health support, call ERC anytime. For medical emergencies or imminent danger, please call 911 or 988 for the national Suicide and Crisis Lifeline.

Powered By:



There is one number to call, and it is answered 24/7/365.

Call 1-800-222-8590

Appointment Scheduling Hours:
Monday–Thursday 8 a.m. to 5 p.m. (CST) Friday 8 a.m. to 2 p.m. (CST)