

## Mental health support

Sometimes a little extra help can go a long way. Your benefits include behavioral health support provided by United Behavioral Health, with some resources that can be accessed right at home. From everyday challenges to more serious issues, support is on your side.

To view information on your mental health benefits coverage, search for a provider or access online resources, visit [myuhc.com](https://myuhc.com) > **Coverage & Benefits > Mental Health.**

Resource	How it works	How to access
<b>Live and Work Well</b>	Find support for a variety of concerns, including: <ul style="list-style-type: none"> <li>• Anxiety and stress</li> <li>• Alcohol and drug use</li> <li>• Compulsive spending or gambling</li> <li>• Coping with grief and loss</li> <li>• Eating disorders</li> <li>• Marital problems</li> <li>• Medication management</li> </ul>	Visit <a href="https://liveandworkwell.com">liveandworkwell.com</a> and enter access code: PEBC
<b>Talkspace</b>	Communicate with a licensed therapist via text or live video from your phone or desktop. It's private, confidential and convenient. Five days of unlimited texting via the Talkspace app equals one in-person office visit through either your EAP or behavioral health benefit.	Register at <a href="https://talkspace.com/connect">talkspace.com/connect</a>
<b>Virtual behavioral health visits</b>	Talk to a psychiatrist or therapist without leaving your home. These providers can evaluate and treat general mental health conditions, such as depression and anxiety.	<ul style="list-style-type: none"> <li>• Sign in to <a href="https://liveandworkwell.com">liveandworkwell.com</a>.</li> <li>• Select <b>Find a Resource &gt; virtual visits</b>.</li> <li>• Choose <b>Get Started</b>. You can schedule an appointment online or by phone.</li> </ul>
<b>In-person behavioral health visits</b>	From everyday challenges to more serious issues, you can receive confidential help from a psychiatrist or therapist for: <ul style="list-style-type: none"> <li>• Depression, stress and anxiety</li> <li>• Substance use and recovery</li> <li>• Eating disorders</li> <li>• Parenting and family concerns</li> </ul>	Search for a provider near you on <a href="https://liveandworkwell.com">liveandworkwell.com</a> .
<b>Self Care by AbleTo</b>	Get access to self-care techniques, coping tools, meditations, and more – anytime, anywhere. With Self Care, you'll get new, personalized content each week that's designed to help you boost your mood and shift your perspectives. Tap into clinician-created tools – all here to help support your self-guided journey to better mental health. Available Jan. 1, 2023.*	Get to know Self Care at <a href="https://ableto.com/begin">ableto.com/begin</a> .
<b>Substance Use Treatment Helpline</b>	Speak with a substance use recovery advocate who will listen, provide support and develop personalized recovery plans. The helpline is available 24/7 as part of your benefits and is completely confidential – you can even choose to remain anonymous.	Call <b>1-855-780-5955</b> or visit <a href="https://liveandworkwell.com/recovery">liveandworkwell.com/recovery</a> to find care options and resources.

**These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

\*The AbleTo Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The Self Care information contained in the AbleTo Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to all members ages 13+ at no additional cost. Participation in the program is voluntary and subject to the terms of use contained in the Application.