

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 > **Coverage & Benefits > Mental Health.**

Resource	How it works	How to access
Live and Work Well	Find support for a variety of concerns, including: <ul style="list-style-type: none"> • Anxiety and stress • Alcohol and drug use • Coping with grief and loss • Marital problems • Eating disorders • Compulsive spending or gambling • Medication management 	Visit liveandworkwell.com and enter access code: PEBC
Talkspace	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 talkspace.com/connect
Virtual behavioral health visits	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"> • Sign in to liveandworkwell.com. • Select Find a Resource > virtual visits. • Choose Get Started. You can schedule an appointment online or by phone.
In-person behavioral health visits	From everyday challenges to more serious issues, you can receive confidential help with a psychiatrist or therapist for: <ul style="list-style-type: none"> • Depression, stress and anxiety • Substance use and recovery • Eating disorders • Parenting and family concerns 	Search for a provider near you on liveandworkwell.com .
Sanvello™	Dial down the symptoms of stress, anxiety and depression with an app that uses clinical techniques. Sanvello premium access is available at no extra cost as part of your behavioral health benefit.	Download the app at sanvello.com .
Substance Use Treatment Helpline	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 1-855-780-5955 or visit liveandworkwell.com/recovery 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.