

Mental health resources to stay afloat

Get confidential support as part of your benefits to help you feel grounded and more in control of your wellbeing.

Call Health Advisor at **1-844-391-1889**

Visit **liveandworkwell.com**

Access code: **EATON**



Calm Health app	Live Well EAP, powered by ComPsych	Talkspace	Therapy Providers	Behavioral Care Connect
Access to self-guided tools and resources designed to support your mental health and wellbeing	Get short-term, personal support and guidance 24/7 with no appointment	Create an ongoing relationship with a licensed provider in person or virtually		See a provider virtually within 5 days
Download the app for on-demand support with: <ul style="list-style-type: none">• Reducing stress• Improving your mood• Work/life balance• Resiliency and mindfulness	Short-term support for: <ul style="list-style-type: none">• Financial and legal concerns• Anger, grief and loss• Work/life balance• Anxiety• Depression• Stress• Relationships	Virtual or in-person support for: <ul style="list-style-type: none">• ADD/ADHD• Bipolar disorder• Clinical depression• Compulsive disorders• Eating disorders• LGBTQ+ support• PTSD• Substance use• Depression• Anxiety		Get support for: <ul style="list-style-type: none">• Anxiety• Depression• Stress• Grief• Bipolar disorder• Substance use• And more
App is available at no additional cost to you as part of your UnitedHealthcare behavioral health benefits	6 free counseling sessions for you and your family members	Copay or coinsurance rates apply at normal plan rates	In-person and virtual visits apply at normal plan rates	Copay or coinsurance rates apply at normal plan rates

Substance Use Helpline 1-855-780-5955

If you are having suicidal thoughts, please call 988.