

I know I need help.

# NOW WHAT?



## ► Help is available — and part of your health plan

Whether you need short-term emotional support or treatment for a chronic mental health condition, your benefits offer a variety of care options, programs and tools to help you. Learn more about available resources — and how to access them.



# NOW WHAT?

Know you are not alone. We are in this together.

- ▶ Get the help you need from professionals who care and resources you can trust, as part of your health plan.

Mental health issues can be chronic, meaning long-lasting or constantly recurring. They also can be situational, such as during a time of uncertainty, life-changing event, or crisis. In either case, they're more common than you might think. In any given year, one in five U.S. adults experiences a mental health disorder, and one in six children do.

#### **Mental health disorders are treatable.**

If you or a loved one is living with depression, anxiety, a substance use disorder, trauma, or another mental health condition, know help is available through your benefits. Your benefits include:

- An extensive network of mental health providers
- Virtual visits — online appointments at your convenience
- Individually tailored treatment plans
- Faster access to care
- Digital support tools and resources

**NOW WHAT?** Let us help you get the care, resources and tools you need.

Contact us, anytime.  
**1-855-837-1612**

Your Behavioral Health plan can help you:



#### **Find expert care**

Whether you need short-term emotional support or treatment for a chronic mental health condition, connect with treatment from providers who understand. Your benefits include:

- A national network of mental health providers. You can receive care and services from anyone in or out-of-network, but you could pay less and get the most value from your plan when you use in-network providers.
- Individually tailored treatment plans
- Online appointments (called virtual visits)
- 24/7 phone support

If you are in crisis or thinking about suicide, there is hope — call the Suicide Prevention Hotline at 1-800-273-TALK or text Connect to 741741.



#### **Get 24/7 support for substance use disorders**

Connect with specialists trained in addressing substance use disorders. After an evaluation, we'll guide you to the right treatment for you, like inpatient and outpatient treatment, individual and group therapy, peer or community resources, among other options.

For immediate help and direction, call the Substance Use Disorder Helpline 1-855-780-5955.



#### **Explore and learn about mental health topics**

You and your family can visit [www.liveandworkwell.com](http://www.liveandworkwell.com) to participate in interactive, self-improvement programs and find information for hundreds of everyday work and life issues. Available 24/7.



#### **Manage claims easily**

Track, submit and get reimbursed quickly, so you can focus on what matters to you.

You have support available, anytime.

We are here to help. Every connection you make with will be kept completely confidential according to law.

Contact us, anytime.



**Log on to [www.liveandworkwell.com](http://www.liveandworkwell.com)  
or call 1-855-837-1612**

Register or use your HealthSafeID to see your personalized plan benefits.  
To browse as a guest, use access code DTC.

\* Included as part of your employer-provided benefits. \*\* In accordance with federal and state laws.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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