

## Employee Assistance Program

ComPsych offers employees and household members 5 free in-person counseling sessions per issue through EAP benefits. *Web ID: EAPCEB or call 877-327-4452*

## Live Health Online Psychology

Unlimited free virtual therapy sessions. Live Health offers short wait times that are typically scheduled within 7 days. Visit the site or call 844-784-8409

Scan or Click



Scan or Click



Scan or Click

# Mental Health Resources

Help is available when you need it



Scan or Click


## Live Health Online Psychiatry

Visit Live Health online to access free virtual sessions with a board-certified psychiatrist for medication management. *Visit the site or call 888-548-3432*

## Anthem Medical Plan Benefits

Our County insurance offers 50 in-network counseling sessions a year with a \$20 copay. Inpatient care covered at 80%. *Visit the site or call 855-603-7982*

## Emergencies - Resources to help in a crisis immediately!

- 
- 911 Dispatchers can have emergency personnel immediately respond to your location.
  - 988 Suicide and Crisis Lifeline. Call or text 24 hours a day for free, confidential guidance.
  - 211 Helpline - 24-hour crisis hotline that can assist someone in a time of crisis.