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Franklin County Cooperative
Health Improvement Program

Next

# Say hello to support

See the behavioral health and EAP benefits available to you and your family

# You have support

Your **confidential Behavioral Health and EAP benefits** give you access to care, as well as resources and tools to help keep life balanced. Explore your options for support here — and connect with us for any questions.

For everything from anxiety or depression to relationship issues or job stress to parenting — and more — you have help available to you and your family.

- Connect with online providers
- Find help with substance use disorders
- Get support for stress and anxiety
- Available 24/7 to everyone in your household
- 8 in-person or virtual counseling sessions per problem per year

## Get started

Call **1-800-354-3950**, TTY **711**

An EAP specialist will provide an authorization.

Visit **liveandworkwell.com**

Access code: EAP

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# Choose the support that works best for you and your family

1. Connect with the **Employee Assistance Program** for free, confidential assistance 24/7

2. Find support when you need it with **Onsite EAP Services** in your workplace

3. Call the 24/7 **Substance Use Helpline** for concerns about drug or alcohol use

4. Use 24/7 **Talkspace Online Therapy** for ongoing mental or behavioral health concerns

5. Connect with **Behavioral Health Providers** online or in-person

6. Download the **Sanvello** app if you want to explore help on your own

7. Build resiliency to better cope with stress through **meQuilibrium**

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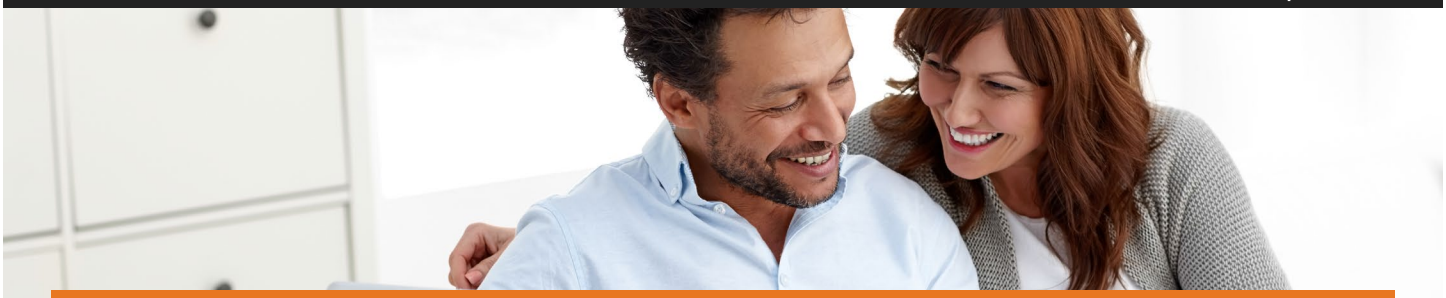

## Employee Assistance Program

# Connect with the Employee Assistance Program (EAP) for free and confidential assistance 24/7.

### For short-term support:

- Stress, anxiety, depression and more
- Adult and eldercare services
- Improving relationships at home or work
- Legal and financial matter
- Parenting support
- And more

### Get help when you need it

If you or your family are going through a difficult time, your EAP is ready to help.

- Confidential*
- No cost to you
- Available to all dependents and anyone in the household

### In-person or virtual counseling sessions

Employees and their household members are eligible for 8 sessions per problem per year. Master's level specialists will listen, help you define your issues, and put you in touch with expert resources in your community.

### Unlimited support by phone 24/7

A master's level clinician will provide short-term support and advice, and help you find local resources for ongoing care, if necessary.

Call **1-800-354-3950** or register/log in to **liveandworkwell.com**

*The service is confidential in accordance with the law.

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## Onsite EAP Services

# Find support when you need it with Onsite EAP Services.

### Consultations may provide support with:

- Work-life balance
- Setting achievable goals
- Referral to appropriate programs and resources, including substance abuse/ chemical dependency
- Parenting and family concerns
- Depression, anxiety and stress
- And more

### Onsite EAP consultant

Convenient, confidential consultations are available in your workplace. Get support on a range of topics from work-life balance to communication strategies.

- No cost to you
- Confidential*
- Quick and easy scheduling
- Call, email or **click here** to schedule your confidential session

Onsite EAP is for employees. Dependents who wish to access EAP should call the Employee Assistance Program at **1-800-354-3950**.

Your onsite consultant is Michelle Crow-Yeatts.
Call her at **612-474-6030** or email
**Michelle_Crow-Yeatts@optum.com**

*The service is confidential in accordance with the law.

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## Substance Use Helpline

# Call the 24/7 substance use helpline if you're concerned about drug or alcohol use by you or a loved one.

### Connect by phone with a trained specialist.

Call **1-855-780-5955** to talk with a licensed clinician — available 24/7 — for help with any questions or finding treatment.

- Confidential*
- Available 24/7
- No cost to you
- Assistance identifying quality care

After an evaluation, a licensed clinician will help guide you to treatment that is best for you, including assistance locating in-network facilities offering quality care.

Call **1-855-780-5955** or visit **liveandworkwell.com/recovery**

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## Talkspace Online Therapy

# Use 24/7 Talkspace Online Therapy for ongoing mental or behavioral health concerns if you prefer to connect online.

**Get support for:**

- Anxiety, depression and stress
- ADD/ADHD
- Bipolar disorder
- Compulsive disorders
- Domestic violence
- Eating disorders
- LGBTQ+ Issues
- Medication management
- PTSD
- Substance use

Connect virtually with a licensed, network therapist, including unlimited text messaging as well as real-time audio/video appointments.

- 24/7 app access
- No appointment required
- Video and phone options
- Confidential*

Note: To get started, call your Employee Assistance Program at 1-800-354-3950 to obtain an authorization code prior to registering. Available to all employees and their household members through EAP at no cost (8 visits per problem per year). Those enrolled in the health plan are eligible for 30 visits at no cost. $20 copay for additional visits. 5 business days of texting with a therapist equals 1 office visit.

Register or log-in to **liveandworkwell.com** and download the Talkspace app

*The service is confidential in accordance with the law.

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## Behavioral Health Providers

# Connect with behavioral health providers for ongoing mental or behavioral health concerns and long-term support.

**Get support for:**

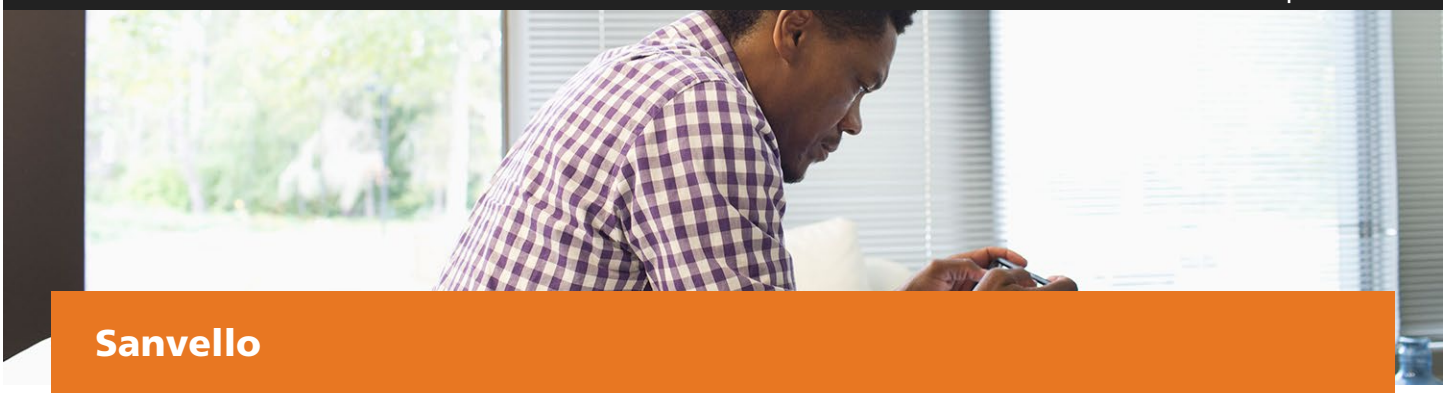
- Anxiety, depression and stress
- ADD/ADHD
- Bipolar disorder
- Compulsive disorders
- Domestic violence
- Eating disorders
- LGBTQ+ Issues
- Medication management
- PTSD
- Substance use

**Schedule appointments with licensed counselors, psychologists, psychiatrists and other mental health professionals.**

- Available by appointment
- Video and in-person options

Available to those enrolled in the health plan. First 30 visits at no cost to you. $20 copay for additional visits.

To make an appointment, register/log in to **liveandworkwell.com** or call **1-800-354-3950**



## Sanvello

# Download the Sanvello app if you're feeling a little stressed or sad but feel like you can explore help on your own.

**For on-demand support with:**

- Anxiety
- Depression
- Stress

**Track daily mood, access coping tools, build life skills and connect with peer communities.**

- Available 24/7
- No cost to you

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Connect with powerful tools that are there for you right as symptoms come up.

Register or log in to **liveandworkwell.com** and download the Sanvello app

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## meQuilibrium

# Build resiliency to better cope with life's stress.

**Provides:**

- Personalized stress profile
- Approaches to stress management
- Mood tracking
- And more

**A personalized resilience building program designed to help you tap into your most powerful self.**

Explore your unique thinking styles — the ones that help and the ones that hold you back from feeling good and living with purpose.

- No cost to you
- Confidential*
- meQ app is available on the App Store or Google Play

**meQuilibrium provides simple, easy ways to help you do things like:**

- Relieve feelings of overwhelm and burnout
- Improve your sleep, so you wake up feeling refreshed
- Shift negative thinking and feel better about what's ahead
- Feel more motivated with a clear sense of purpose

For help accessing this program, please reach out to Franklin County Benefits & Wellness at 614-525-3948.

Visit your wellness portal at **fccThriveOn.com**.
Click *"Wellness Hub"* at the top of the page and find the card that says *"Beat Stress with meQ"* to get started today.

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**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. 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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