

# Feeling overwhelmed? Need help?

Did you know that behavioral health resources are available to Gwinnett County Public Schools employees?



**MetLife, Gwinnett County Public Schools' provider of life insurance, offers behavioral health and counseling services to all benefit-eligible employees, including retirees, at no charge to the employee.**

The service— provided by LifeWorks, a nationwide company that employs more than 30,000 licensed counselors— provides support for those dealing with the loss of a loved one, a divorce, serious illness, a terminal medical diagnosis, financial hardship, or other major life changes.

## **What's available?**

- Five free sessions are provided per event, offered face-to-face, or via telephone or video chat.
- Additional sessions may be available under an employee's insurance coverage on a fee basis, with in-network and out-of-network rates. *(See right for more on this option.)*
- This free behavioral health benefit does not cover addiction counseling.

## **Additional Behavioral Health and Counseling Options**

For additional counseling sessions or for services not covered by the free benefit, employees may have other options if they are enrolled in the State Health Benefit Plan (SHBP). Learn more about support for behavioral health concerns through these SHBP plans:

- **Anthem Blue Cross Blue Shield:** Dial 1-855-679-5722, select option 2, and follow prompts.
- **UnitedHealthcare:** Dial 1-800-888-2998, and follow prompts.
- **Kaiser Permanente:** Dial 1-855-512-5997, select option 1, and follow prompts.

## **Questions?**

Contact MetLife at 1-888-319-7819, then press 1; or email the Benefits Administration Team at [benefits@gcpsk12.org](mailto:benefits@gcpsk12.org).

