



# We can talk about it.

**GCPS employees and their families have access to free mental health care and on-demand resources** as part of their benefits through MetLife.

You can get started by calling **888-319-7819**, then press **2**, or going online to *one.telushealth.com*. (For all online access, the user name is *metlifeassist*, and the password is *support*.)



**MetLife offers behavioral health and counseling services to all benefits-eligible staff (including retirees) and their families — at no charge to the employee — for up to five sessions per event.**

The service—provided by TELUS Health, a nationwide company that employs over 30,000 licensed counselors—provides overall support for those who need assistance in dealing with major life changes, the loss of a loved one, divorce, serious medical diagnosis, financial hardship, and daily stressors. **All counseling services are confidential.**

## What's available?

- Five sessions, per event, available face-to-face, or via telephone or video chat.
- Additional sessions are available for a fee (insurance coverage is considered and paid based on in-network/out-of-network rates).

Visit *one.telushealth.com*, or find TELUS Health on the Apple App Store or Google Play for free on-demand resources. (For all online access, the user name is *metlifeassist*, and the password is *support*.)

You can also contact TELUS Health at 888-319-7819, then press 2; or email the Benefits Administration Team at *benefits@gcpsk12.org*.

## 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 the prompts.
- **UnitedHealthcare:** Dial 1-800-888-2998, and follow the prompts.
- **Kaiser Permanente:** Dial 1-855-512-5997, and follow the prompts.

## Questions?

Contact MetLife at 1-888-319-7819, then press 2; or email the Benefits Administration Team at *benefits@gcpsk12.org*.



If you or someone you know is having a mental health emergency, call **988**.