Mental Health Support

Take care of your mental wellbeing with these free resources through WellStyles and UnitedHealthcare.

WellStyles

Additional mental health resources and access to stress relief practices can be found on WellStyles, your personalized wellness program. If you are eligible for WellStyles*, visit https://join.personifyhealth.com/wellstyles (or download the Personify Health app) and click on the on the benefits tab to view the WellStyles virtual events and access all the resources brought to you by WellStyles. For questions, reach out to info@WellStyles.org.

* Please note: WellStyles eligibility is dependent on your employer. Please reach out to your benefits department with any eligibility related questions.

UnitedHealthcare Employee Assistance Program (EAP)

The UnitedHealthcare Employee Assistance Program (EAP), is offered at no cost to employees that have medical benefits through UnitedHealthcare (UHC), and provides free in-person, over the phone, or virtual counseling sessions. Topics include personal or family matters, legal issues, financial needs, relationships, stress and anxiety, and more. This service is available 24 hours a day, seven days a week. To access, call the UnitedHealthcare Advocate line found on the back of your insurance card at 1-866-314-0335. You can also go to myuhc.com, click on coverage, benefits, and then mental health to learn more.

ComPsych

ComPsych® GuidanceResources® is a company-sponsored Employee Assistance Program available to eligible employees and their household family members at no cost. This confidential program offers emotional support and guidance to help navigate life's challenges, including stress, anxiety, depression, grief and loss, relationship or family concerns, substance use, job pressures, and major life changes. Support is available 24/7 through highly trained, caring professionals by phone or online. Employees can access services by calling 866-883-0874, visiting guidanceresources.com, or using the GuidanceNow® app. When prompted, enter Web ID: VALLEY to get started.

Calm Health App

Employees and their dependents (16+) enrolled in the UnitedHealthcare medical plan can unlock full access to the Calm Health App at no additional cost. This app, available through myuhc.com, is your gateway to personalized mental wellness support. Explore resources for sleep, meditation, and mindfulness, and take advantage of new features like mental health screenings and tailored recommendations, all designed to support your well-being.

Talkspace

Employees with the medical through UnitedHealthcare have access to Talkspace, an online service that connects you with a therapist. Chat via text with your counselor at your convenience or choose real-time face-to-face video visits by appointment, when needed.

Visit www.talkspace.com or download the Talkspace App. Once you're there, click the 'Get Started' button and fill out the application, including how you'll pay with medical through UnitedHealthcare.

Virtual Visits through UnitedHealthcare

UnitedHealthcare's virtual visits allow you to see a doctor via your smartphone, tablet, or computer at any time for behavioral health visits or for certain medical conditions like pink eye, bladder infections, bronchitis, cough/colds, stomach aches, sinus problems, sore throats, seasonal flu, rashes, and other acute injuries and illnesses. Schedule a virtual visit for $49.99 or less by going to myuhc.com/virtualvisits or the UnitedHealthcare app.

If you need to talk to someone, UnitedHealthcare's virtual visits make it easy to find and get support from a therapist or counselor via your smartphone, tablet, or computer, at any time. There's often no wait, and behavioral health appointments are easy to make and keep. Plus, you'll be able to talk in a safe space about how you feel, in the privacy of your home. Cost is subject to your plan's copay or deductible. Schedule a virtual visit by going to myuhc.com/virtualvisits or the UnitedHealthcare app.

988 Suicide and Crisis Lifeline

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org/chat to connect with 24-hour, toll-free, confidential support and prevention and crisis resources for you or your loved ones. For TTY [KP1] users, use your preferred relay service or dial 711 then 988. You can also text “Home” to 741741 to connect with a crisis counselor.

National Domestic Violence Hotline

Get help with crisis intervention, information and referrals to local services for people experiencing domestic violence and those calling on their behalf.
1-800-799-7233 | 1-800-787-3224 (TTY)

Substance Abuse Hotline

If you feel that you or a loved one are experiencing signs of addiction, call the confidential helpline to get support, guidance on treatment options, help finding a network provider and answers to your questions. Call 1-855-780-5955 anytime to be directed to someone who can help. The substance abuse hotline is available 24/7.

Recovery Road

Recovery Road is an eating disorder recovery app that fits into your life and links with your treatment team to help you achieve lasting recovery. Available to those with UnitedHealthcare, this app, has been evaluated in clinical trials and is now available for you to use at the following site:
https://www.recoveryrecord.com/

For additional mental health resources, please reach out to your Benefits Department, call a UnitedHealthcare Advocate at 1-866-314-0335, or email the WellSytles team at info@wellstyles.org

wellstyles

VSMG
BETTER ADVICE. BETTER BENEFITS