



Mental health support for you and your family



No matter the size of the challenge you or a loved one faces, it can be hard to figure out what mental health option best meets the moment. Here, you'll find resources to help you confidently connect with the right support at the right time.

In-the-moment support		Ongoing care		Crisis care					
For support with: <ul style="list-style-type: none"> Stress Grief and loss Parenting/family challenges Self-esteem issues Separation and divorce Any concerning changes in your loved one's behavior or mood 		For support with: <ul style="list-style-type: none"> Anxiety and depression ADD/ADHD Bipolar disorder Chronic illness or disability Domestic violence and anger Eating, gambling or compulsive disorders LGBTQ+ care Medication management Panic attacks/PTSD Substance use 		For immediate support with: <ul style="list-style-type: none"> Use or misuse of alcohol, drugs or other substances Misuse of medications 		For immediate support with: <ul style="list-style-type: none"> Suicidal thoughts or emotional distress Thoughts of harming self or others 		For immediate support with: <ul style="list-style-type: none"> A life-threatening emergency 	
Employee Assistance Program (EAP)	Behavioral health benefits	Family doctor or behavioral health provider	Substance Use Helpline	Suicide & Crisis Lifeline	Emergency Services				
<ul style="list-style-type: none"> Speak confidentially with an experienced well-being professional Each member can receive up to 3 no-cost counseling sessions per year—in person or over the phone 	<ul style="list-style-type: none"> May include talk therapy, help with medications and hospitalizations 	<ul style="list-style-type: none"> Discuss concerns Learn about care options and recommendations based on their knowledge of your loved one's needs and situation 	<ul style="list-style-type: none"> Get anonymous support 24/7 for you or someone else Connect with an advocate who is trained in substance use and recovery 	<ul style="list-style-type: none"> Interpretation services in 150 languages For text, fill out a short survey about what you or your loved one is going through, then a counselor will contact you 	<ul style="list-style-type: none"> Provide as many details as possible Inform the operator this is because of a mental health crisis so they can send the appropriate personnel to handle the situation with care 				
Call the number on your health plan ID card	Visit myuhc.com [®] for benefit coverage details	Visit myuhc.com to schedule an appointment with a provider	Call 1-855-780-5955	Call, text or chat 988	Call 911				
Available 24/7*	Call the number on your ID card	Call or meet with your family doctor	Available 24/7*	Available 24/7*	Available 24/7*				

*No appointment needed.

Depending on your coverage, these services may have a deductible or copay.

The material provided through the Employee Assistance Program (EAP) is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare 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.

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. This program and its components may not be available in all states and coverage exclusions may apply.

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