

MENTAL HEALTH RESOURCES



The health, safety, and well-being of our employees are our top priority.

Mental health affects how we think, feel, and act—mental health is health. During this time of rapid change and uncertainty, we wanted to remind you of a few mental health and well-being resources available through our employee benefits package, as well as other free resources that anyone can access. A brief summary of these resources is outlined below. If you have any questions, please reach out to the benefits team.

If you are in any type of crisis, please seek support from one of below hotlines which provide free support and information.

- National emergency number: **911**
- Crisis text line: Text HOME to **741741**
- Suicide helpline: **800.273.8255**
- Substance Abuse and Mental Health Services Administration (SAMHSA) National helpline: **800.662.4357**
- National Drug helpline: **844.289.0879**
- Domestic violence: **800.799.7233**

Life Assistance Program (LAP)

What is this benefit?	The LAP is a 24/7 confidential service staffed with compassionate professionals. Use the LAP for wide variety of problems such as marriage and family problems, job-related issues, stress, anxiety, depression, parent and child relationships, legal and financial counseling, and much more. You have three face-to-face sessions with a behavioral counselor available to you and your household members. Call for a referral.
Who can use it?	You and your immediate family (spouse or domestic partner, dependent children, parent, and parents-in-law), regardless of your other benefits enrollments at HALO.
How do I access it?	<ul style="list-style-type: none">■ Online: signalap.com■ Call: 800.538.3543
What is the cost of this resource?	This resource is free.

Virtual Visits through MDLive

What is this benefit?	When you access MDLive, you'll have a private and secure video visit with a board-certified doctor or licensed therapist. Simply connect by using your smartphone, webcam-enabled computer or tablet. It's an easy way to get care at home or on-the-go.
How do I access it?	<ul style="list-style-type: none">■ Online: MDLive.com/bcsil.com■ Call: 888.676.4204
What is the cost of this resource?	For HALO health plan participants on the PPO plan, there will be no cost for MDLIVE visits. For the HDHP plan, once the deductible is met the cost for MDLIVE visits will be covered at 100%.

findhelp.org	
What is this benefit?	findhelp.org helps individuals access mental health resources or other services in their area. Just search for the resources you need in your ZIP code.
How do I access it?	Online: https://www.findhelp.org/
What is the cost of this resource?	This resource is free to use! If you choose to use a resource that you find through findhelp.org, there may be a cost associated with it.

Psych Hub	
What is this benefit?	Psych Hub is an online learning platform on mental health, with easy-to understand videos for a variety of topics.
How do I access it?	Online: psychhub.com
What is the cost of this resource?	This resource is free to use!

Headspace	
What is this benefit?	Headspace offers a collection of mindfulness and meditation practices for your everyday life.
How do I access it?	<ul style="list-style-type: none"> ■ Online: headspace.com ■ App: Download the Headspace app and create an account
What is the cost of this resource?	<p>Multiple resources are free to use!</p> <ul style="list-style-type: none"> ■ Headspace app: Free selection of meditation, sleep, and other experiences designed to support you. If you select premium access, there is an additional subscription cost. ■ Headspace website: Check out all the free tools available on the web and in the app on the FAQ page. <ul style="list-style-type: none"> ▣ Full, free access to anyone for two weeks. ▣ Full, free access to healthcare providers HERE (must enter NPI, state, and email address to get started).

Ginger Roots	
What is this benefit?	Ginger Roots is an online resource center available 24/7 that contains a library of mental health strategies for staying grounded.
How do I access it?	Online: ginger.io/roots
What is the cost of this resource?	Online resources with Ginger Roots are free to use! If you choose to have a session with a therapist or psychiatrist through Ginger, there will be an additional cost to you.

Happify	
What is this benefit?	Happify is an effective, evidence-based solution for better mental health.
How do I access it?	<ul style="list-style-type: none"> ■ Online: happify.com ■ App: Download the Happify app and create an account
What is the cost of this resource?	This resource is free to use. If you choose to upgrade to the premium version, the cost is \$15 per month.