



For life's challenges, support is here



At UnitedHealthcare, we believe that care shouldn't stop at physical health. That's why we offer behavioral health resources that can help support your path toward mental and emotional well-being.

Behavioral health is health

Behavioral health is about more than just mental health: It includes addiction issues to anger management, coping with grief to dealing with stress and other challenges. It's an important part of your overall well-being—because how you feel matters, and caring support from behavioral health providers is a part of your plan.

Resources for better, brighter days

Get connected to self-care digital tools, behavioral health providers (in-person or virtual), and other helpful resources.

Feeling down and want to explore self-care tools and tips?

Sanvello™ Mobile App

Sanvello, a psychologist-developed app, offers 24/7 support. Track your daily mood, access in-the-moment coping strategies, build life skills, and join peer communities for on-demand support to help with:

- Stress, anxiety, and depression



Download Sanvello from the App Store® or Google Play™

Check your coverage and upgrade to Sanvello Premium at no additional cost to you with the information on your health plan ID card.

Dealing with life transitions and could use some support or guidance?

Employee Assistance Program

Your Employee Assistance Program (EAP) offers up to 3 provider visits for \$0 by phone and in-person counseling sessions for short-term support and advice to help with:

- Stress, anxiety, and depression
- Personal challenges, including substance abuse and relationships
- Work/Life balance, including legal and financial support



Call 1-888-887-4114 for 24/7 phone support or to schedule in-person counseling

Have a concern that needs long-term support from a licensed therapist?

Behavioral Health Provider

Connect virtually or in-person with a licensed therapist, counselor, psychologist, or psychiatrist for ongoing support to help with:

- Bipolar and neuro-development disorders
- Compulsive habits and eating disorders
- Substance abuse, medication management, and more



Find a provider at myuhc.com or call the number on the back of your health plan ID card

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Healthcare



When life gets challenging, you've got caring, confidential help

Your Employee Assistance Program (EAP) provides support and resources to help you, and your family, with a range of issues, including:

- Managing stress, anxiety and depression
- Improving relationships at home or work
- Getting guidance on legal and financial concerns
- Coping with occupational stress and burnout support
- Addressing substance use issues

This service is provided to you at no additional cost.

\$0

**Call today for access
to EAP resources at
no additional cost**

EAP provides coverage for 3 free counseling sessions per incident, per year.

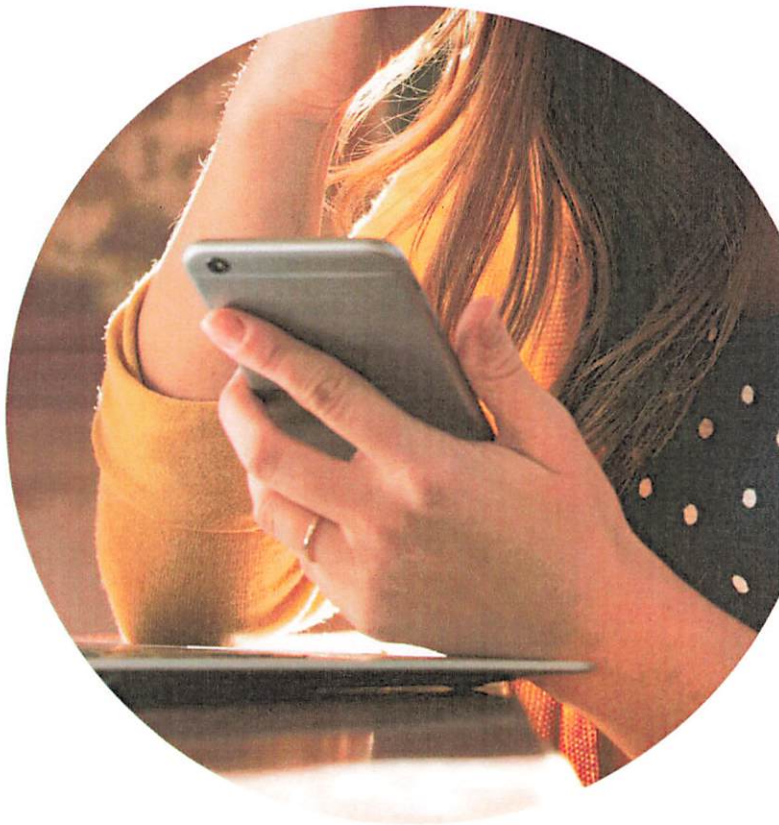
Services are completely confidential and will not be shared with your employer.



Get started – call EAP 24/7 at 1-888-887-4114

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The material provided through this program 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. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.



Mental health emergency? Call 988.

Life can be challenging. If you or someone you care about is struggling, know that help is available 24 hours a day.

Call or text 988 if you have:¹

- Thoughts of suicide
- A mental health crisis
- A substance use crisis

The **988 Suicide & Crisis Lifeline** connects you to caring support from a trained crisis counselor.

There is hope. Call or text **988** today.



Prefer to chat?

Visit 988lifeline.org.

Every 11 minutes
someone in the U.S. dies by suicide.²

1 of 5
high school students in the U.S.
have seriously considered suicide.³

More than 50%
of people in the U.S. will be
diagnosed with mental illness
during their lifetime.⁴



1. Substance Abuse and Mental Health Services Administration. 988 key messages. samhsa.gov/find-help/988/key-messages. Last updated April 22, 2022. Accessed May 5, 2022.
2. Centers for Disease Control and Prevention (CDC). Facts about suicide. cdc.gov/suicide/facts/index.html. Last reviewed April 6, 2022. Accessed May 5, 2022.
3. Ivey-Stephenson AZ, Demissie Z, Crosby AE, et al. Suicidal ideation and behaviors among high school students – youth risk behavior survey, United States, 2019. cdc.gov/mmwr/volumes/69/su/su6901a6.htm?s_cid=su6901a6_w. *MMWR Suppl.* 2020;69(1):47-55. Last reviewed August 20, 2020. Accessed May 5, 2022.
4. CDC. About mental health. cdc.gov/mentalhealth/learn/index.htm. Last reviewed June 28, 2021. Accessed May 5, 2022.

Frequently asked questions about 988

What is 988?

Dialing **988** connects you to the 988 Suicide & Crisis Lifeline. It's available 24/7, and interpretation services are available in 150 languages. 1-800-273-TALK (8255) is still another way to reach the Lifeline.

When should I call 988? Do I have to be suicidal to call?

You can call **988** anytime you or a loved one is experiencing a mental health crisis. A crisis can look very different for everyone, so whatever feels like a mental health crisis to you is the right reason to call.

Common reasons to call include having thoughts of suicide, feeling depressed or anxious, feeling overwhelmed or agitated, feeling like you cannot cope with the stress in your life, or needing advice on how to help a family member. Some callers need help with substance use, self-harm or feelings of wanting to hurt others.

Is calling 988 the same as calling 911?

Not exactly. When you call 911, you speak to a 911 operator who then sends help to you and gets off the phone. When you call **988**, you are connected right away with the crisis worker who will help you during that call. Think of calling **988** as more like contacting someone to help you in the moment, not just as a person who will send someone else to help you. Nearly 90% of crisis calls to the Lifeline are resolved over the phone.

If you or someone else is in life-threatening danger or has already caused self-harm, please call 911 so help can be sent right away.

What happens when I call 988?

When you dial **988**, you will hear a message saying that you have contacted the 988 Suicide & Crisis Lifeline. You will be told to press 2 for Spanish and press 1 for veterans/service members. If you don't select either option, your call will be routed to the Lifeline center nearest to you, based on your phone's area code.

What if I don't want to talk to someone on the phone?

You can text **988** and you will be given a short survey so the crisis center can understand what you're going through, and then you'll be connected with a counselor.

If you're more comfortable using a chat feature, visit suicidepreventionlifeline.org/chat. Similar to texting, you'll be given a short survey so the crisis center can understand what you're going through. You'll then be connected with a counselor.

If you have thoughts of hurting yourself or others – or you know someone having those thoughts – seek help right away. If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.

To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at 988 or 1-800-273-TALK (1-800-273-8255). You may also text 988 or chat at 988.lifeline.org. The lifeline provides 24/7 free and confidential support.*

*The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

Optum does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

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