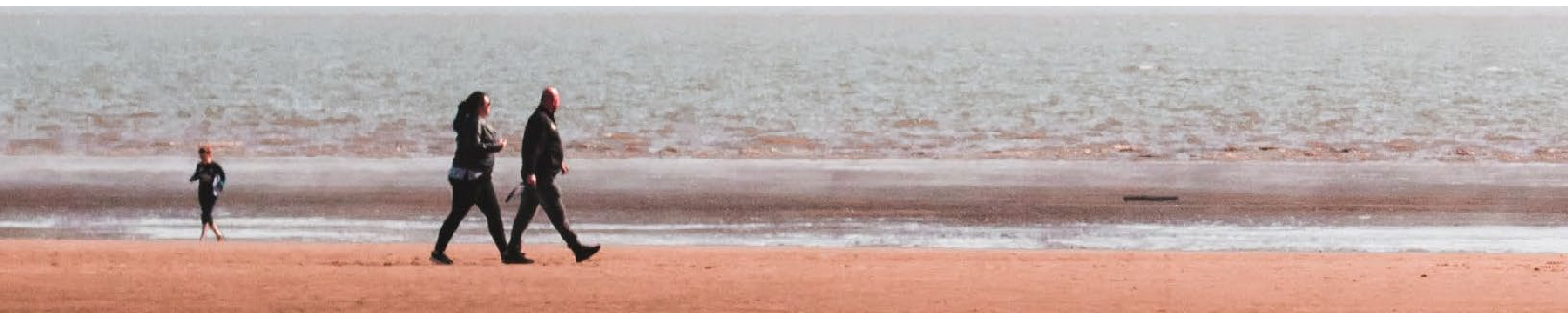


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Employee
Mental Health
RESOURCES GUIDEBOOK



What You Will Find





Resources Available to:
All Employees

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Employees Enrolled in the UHC Medical Plan

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Employee Assistance Program

All employees have access to our Employee Assistance Program (EAP) through GuidanceResources® by ComPsych. This no-cost, confidential assistance is available to you and your dependents, and provides access to resources such as counseling sessions for up to five **FREE** sessions per issue per calendar year, referral to an attorney, care provider, or community resource.

[Learn more about our Employee Assistance Program](#)

The EAP can help you in locating referrals to resources for providers in your community. Consultations with an EAP provider include the following and more:

- Depression Management
- Stress Management/Anxiety
- Substance Abuse
- Weight Management and Tobacco Cessation Coaching
- Marital Conflict
- Child or Elder Care
- Family Conflict
- Financial or Legal Concerns
- Work-Life Resources
- Workplace Issues
- Five face-to-face visits



How to Access:

All assistance is available 24 hours a day, seven days a week with confidential support, guidance, and resources. Call 1-844-994-7873 or visit www.guidanceresources.com.

The WebID is **RUSD**

GuidanceResources® App is also available.



Available to:

All Racine Unified School District employees and their family.



Cost:

As an employee of Racine Unified School District there is no cost to you.



National Suicide Hotline

The National Suicide Prevention Line

- The National Suicide Prevention Line has a new number: **988**
- The 988 Suicide and Crisis Lifeline is a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week in the United States.
- Note: The previous 800-273-TALK (8255) number will continue to function indefinitely.

Dial 988

Call 1-800-273-TALK (8255)



If there is an emergency or you think you may harm yourself, please call 911.



How to Access:

Contact one of the helplines above.



Available to:

All Racine Unified School District employees and their family.



Cost:

As an employee of Racine Unified School District there is no cost to you.



Access all your Racine Unified School District benefits, app links, and more through the MyBenefitsApp anytime, anywhere. rusd.mybenefitsapp.com

Virtual Therapy with UHC



A quicker way for the whole family to get care.

- **Virtual therapy** - Offers confidential counseling and includes:
 - **Private video sessions**
 - Get 1-on-1 support – in your home and at a time that’s convenient for you.
 - **Help with coping – for children, teens and adults**
 - Your licensed therapist may provide a diagnosis, treatment and medications if needed.
 - **Similar standard of care as In-person visits**
 - You can see the same therapist may provide a diagnosis, treatment and medication if needed.
 - **Virtual therapy is designed to help treat conditions like:**
 - ADD/ADHD, Anxiety, Mental health disorders, Addiction, and Depression



How to Access:

Sign in or register on myuhc.com. Then go to **Find Care & Costs > Virtual Care > Behavioral Health Care > Get Started** and call the provider to set up an appointment. Or call the telephone number on your health plan ID card.



Available to:

All Racine Unified School District employees and dependents enrolled in the Medical Plan.



Cost:

Deductible and Coinsurance



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Behavioral Health with UHC

Behavioral Health support services are available for you and your family to access anytime, anywhere. You'll find 24/7 confidential access to professional care, self-help programs and resources to help you manage stress and mental health challenges, including depression and anxiety.



How to Access:

To find personalized behavioral health care recommendations, sign in or register on:

myuhc.com/mh-recommendations



Available to:

All Racine Unified School District employees and dependents enrolled in the Medical Plan.



Cost:

Deductible and Coinsurance



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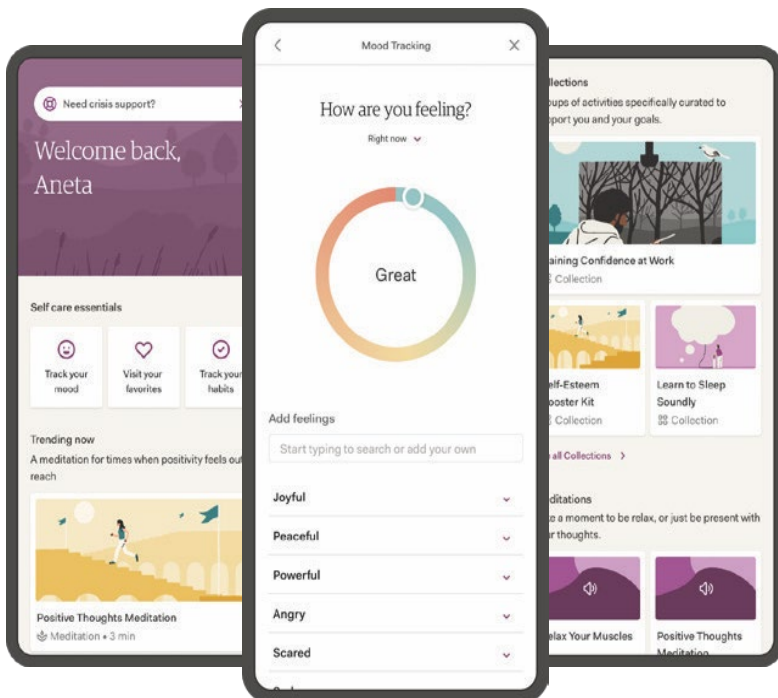


Self Care from AbleTo

Get access to self-care techniques, coping tools, meditations and more – anytime, anywhere. With Self Care, you’ll get personalized content that’s designed to help you boost your mood and shift your perspectives.

Tap into tools created by clinicians that are suggested for you based on your responses to a short, optional assessment. Self Care is here to help you feel better – and is available at no additional cost.

- Daily mood tracking
- Meditation tools
- Collections
- Personalized roadmap



How to Access:

- Visit ableto.com/begin > Have your health plan ID handy
- Follow the steps to sign up
- Begin your self-care program



Available to:

All Racine Unified School District employees and dependents enrolled in the Medical Plan.



Cost:

\$0 for 8-week coaching program



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Behavioral health support for teens and adolescents

Children begin creating the social and emotional habits that may affect their long-term mental health and well-being during the adolescent years (ages 10–19). It’s also during these years that many may begin to experience behavioral health struggles. UnitedHealthcare members have access to programs, resources and services to help support your family through behavioral health challenges.

Ways to help support your teen

- Start a conversation
- Explore options for telehealth counseling
- National Alliance on Mental Illness and Sanvello app
- Move toward a healthier schedule
- Evaluate screen time
- Be mindful of potential substance use

Half of all mental health conditions start by age

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Suicide is the third-leading cause of death for ages

15-19

Many mental health conditions appear before age

24



How to Access:

Visit uhc.com/parentyouth for a full list of available resources.



Available to:

All Racine Unified School District employees and dependents enrolled in the Medical plan.



Cost:

Deductible and Coinsurance



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Bend Health, Inc.

A national digital pediatric behavioral health provider of therapy and psychiatry services is now part of United Healthcare's network. This new offering allows children and their families to access pediatric behavioral health services, which has historically been difficult for members to access.

About Bend Health – Bend Health offers therapy and psychiatry services for children ages 1 to 17 and their families, offering expert care when and where they need it. Bend has pediatric mental health specialists in over 40 states, and its therapy and psychiatry programs can also include coaching and medication management.



How to Access:

Members can find Bend Health providers by searching for “therapy” and “psychiatry,” or by searching for “Bend” in the provider search on myuhc.com and www.liveandworkwell.com.



Available to:

All Racine Unified School District employees and dependents enrolled in the Medical Plan.



Cost:

Deductible and Coinsurance



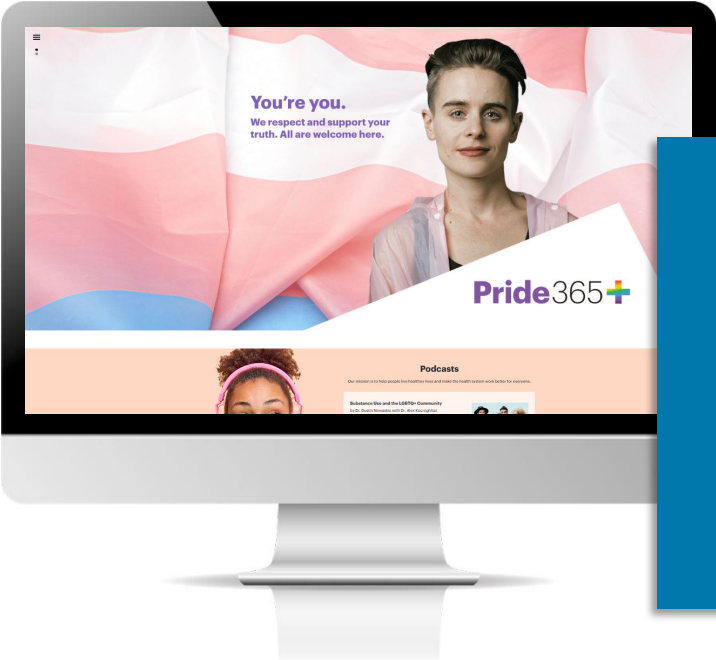
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LGBTQ+

Expanding your awareness

- For more information, including additional LGBTQ+ resources, visit pride365plus.com



Customizing your journey
Interested in additional personalized resources?
 Call the number on your health plan ID card or visit myuhc.com/mh-recommendations and answer a few questions to learn what's available to you.



Access all your Racine Unified School District benefits, app links, and more through the MyBenefitsApp anytime, anywhere. rusd.mybenefitsapp.com



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