



## Mental Health Care & Employee Assistance Program (EAP)

### BEHAVIORAL HEALTH: **OUR WHOLE PERSON APPROACH**

**Virtual Behavioral Care<sup>2</sup>** – CCP members can discover a variety of virtual behavioral health services through our partnerships with some of the top providers and companies in the field, including:

- + **Our Behavioral Health Network** – Find licensed psychiatrists and counselors and start virtual appointments by visiting [well.evernorth.com](http://well.evernorth.com)
- + **Talkspace<sup>3</sup>** – Participate in online therapy via private messaging or live video sessions.
- + **Ginger<sup>3</sup>** – Receive behavioral health coaching via text-based chats, self-guided activities and, if needed, video-based therapy and psychiatry sessions.

### EMPLOYEE ASSISTANCE PROGRAM (EAP): **REAL SUPPORT FOR REAL LIFE**

Confidential phone consultations are available to you and anyone living in your household at no cost. Work with a licensed EAP clinician for 20-30 minutes per phone session. There are no limits to how often you can call for various concerns and receive up to two phone sessions per issue.

- + **No-cost counseling:** If you need counseling, you can access 1-6 in-person or virtual sessions per issue, per year with our network of EAP professional counselors. Call for a referral, go online to search our provider directory. Virtual care options include secure text messaging to fit your schedule.
- + **The Managing Stress Toolkit:** Contains mindfulness exercise and stress management techniques. [Evernorth.com/stress-management-toolkit](http://Evernorth.com/stress-management-toolkit)

**Behavioral Specialty Coaching and Support Services** – Our coaches provide dedicated support. For a broad range of conditions including:

- + Autism spectrum disorder
- + Eating disorders
- + Intensive behavioral case management
- + Opioid and pain management
- + Substance use

Call (800) 251-4366 or visit [well.evernorth.com](http://well.evernorth.com) to find referrals and resources. Registration Code: CCP

### Home Life Referrals:

- + **Adoption:** Learn your options and find agencies who can help.
- + **Child Care:** Find a location or program that meets your needs. We can also help you find a childcare professional that's right for your family.
- + **Children with Special Needs:** Understand the challenges and care options for your family's unique situation.
- + **Convenience Services:** Find referrals to help conquer your to-do list, including home maintenance, relocation services, dining and more.
- + **Education Guidance:** If you're facing college choices or need academic counseling, we connect you with resources so you can make the right choice for your family's education.
- + **Parenting:** From toilet training to sibling rivalry, we help connect you with guidance and resources for parents.
- + **Prenatal Care:** Guidance for every stage of pregnancy.
- + **Senior Care:** Solutions to help you care for aging loved ones.

1. Employee assistance program services are in addition to, not instead of, our health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. 2. Evernorth provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. 3. Program services are provided by independent companies/entities and not by Evernorth. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.

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