




MENTAL HEALTH GUIDE

EMPLOYEE ASSISTANCE PROGRAM (EAP)

The EAP is no-cost, confidential assistance that provides employees access to resources such as three FREE counseling sessions or a referral to an attorney, care provider, or community resource.


 **COST:** Calling the EAP is free, including up to 3 counseling sessions and online content.

 **HOW TO ACCESS:** Call 888-319-7819 or visit metlifeeap.lifeworks.com
Username: METLIFEEAP | Password: eap

TELEMENTAL HEALTH

Meet with experienced and licensed psychiatrists and therapists virtually from the comfort of your home.

 **COST:** \$0 copay per consult


 **HOW TO ACCESS:** Visit Teladoc.com. Sign-in or create an account. Once you are signed in to your account, click "Mental Health" then click "Request Visit."

*Teladoc mental health visits are not available 24/7 and must be scheduled ahead of time. Teladoc visits are not available to minors.

IN-PERSON APPOINTMENTS

Receive traditional in-person appointments through licensed counselors and psychiatrists.

 **COST:** \$FREE with an in-network provider!

 **HOW TO ACCESS:** Visit UMR.com. Click "Find a Provider." Locate "United Health Care Choice Plus Network" and click the link. Select "Behavioral Health Directory." Search by location or name.

*Virtual mental health visits through UMR will still require a \$15 copay per consult. To receive FREE virtual mental health visits, visit Teladoc.com

If you have questions, please contact your [HR Liaisons](#).