

Know Where to Go for Care: A Guide to Navigate Mental Health Resources



Evaluating your mental health needs and identifying appropriate care is the first step to recovery. By leveraging your employer-sponsored benefits, there are a variety of resources that may be available to support you.

COST COMPARISON	NO COST	LOW COST	LOW COST	HIGHER COST	HIGHEST COST
DECIDING WHERE TO GO	Employee Assistance Program	Telehealth e-Visit	Primary Care Doctor	Urgent Care Center	Emergency Room
Non-Emergency (feeling blue, work issues or general stress & anxiety)	●				
Workplace/work-life services	●				
Legal or financial consultation	●				
Caring for an elderly parent or family member	●	●	●		
Pediatric or adult counseling	●	●	●		
Eating disorders, adjustment/mood disorders	●	●	●		
Addiction or substance abuse issues, not including overdose	●	●	●	●	
Suicidal thoughts or emergencies		●	●		●

How to locate covered care:



Employee Assistance Program (EAP): If your employer offers an EAP, you have access to a variety of resources to support your emotional and mental well-being. From online documentation to in-person counseling, you can leverage the guidance and tools you need to help you through tough times.



Telehealth: With telehealth, you can connect with leading board-certified physicians or therapists through the internet or telephone to assess and determine the best treatment options for your condition.



Primary Care Doctor / Specialist: In-person care can be accessed through a primary care doctor or a specialist for your condition. They are equipped to help you navigate and manage a treatment plan designed specifically for you.



Urgent Care Center: A team of medical professionals can determine what's happening and guide you on your path to recovery. They can provide you a referral and connect you to a long-term care provider of your choice.



Emergency Room (ER): The ER should be used for life threatening emergencies such as suicidal thoughts or drug overdose. In a true emergency, you should go to the nearest ER and you should still be covered through your health insurance.

Learn about additional mental health resources that may be available to you through your employer-sponsored medical plan or employee assistance program.