

MENTAL HEALTH & WELL-BEING

LARIMER COUNTY RESOURCES



GUIDANCE • ACCESS • SUPPORT

Open to ALL Employees

and Dependents

Cost: FREE

1-800-272-7255

www.guidanceresources.com

Web ID: COM589

COMPSYCH
— The GuidanceResources Company® —

EMPLOYEE ASSISTANCE PROGRAM

Personal issues, planning for life events, or simply managing daily life can affect your work, health, and family. The EAP provides support, resources, and information for personal and work/life issues.

Benefits Include: 6 free, face-to-face sessions per issue, 24/7 telephone access, web access.

Medical Plan Members ONLY

Standard/Choice: \$10 copay

HDHP: Deductible/Coinsurance

1-800-835-2362

www.teladoc.com

 **TELADOC**

VIRTUAL BEHAVIORAL HEALTH COUNSELING

Access quality healthcare from the comfort of home. You can even get prescriptions sent to your local pharmacy, when medically necessary.

Benefits Include: Schedule a video or phone appointment, 7 days/week. Work with a licensed psychiatrist, clinical psychologist, social worker, counselor, or therapist for support with anxiety, depression, eating disorders, family issues, and more. No limit on the number of visits.

Medical Plan Members ONLY

Standard/Choice: \$25 copay

HDHP: Deductible/Coinsurance

1-844-559-2955

www.umar.com

 **UMR**

BEHAVIORAL HEALTH COUNSELING

Access quality healthcare providers in the community that are part of the medical plan network.

Benefits Include: Work with a network provider for support with mental health and well-being. No limit on the number of visits.

Medical Plan Members ONLY

Standard/Choice: FREE

HDHP: \$45 copay

(970) 980-2425

www1.marathon-health.com

 **Marathon**
health

BEHAVIORAL HEALTH COUNSELOR, THE WELLNESS CLINIC

Confidential behavioral health counseling is available at the Wellness Clinic to help you and your family live happy, productive lives. Services are available to all Larimer County employees and their dependents age 12 and older who are enrolled in the county medical plan.

Whether you're dealing with grief, stress, anxiety, depression, relationship challenges, PTSD, eating disorders, substance abuse, or self-image – you can talk through what's bothering you and your counselor will help you cope.

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