

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
Cost: \$10 copay
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
1-800-318-2023


MERITAIN™
HEALTH

BEHAVIORAL HEALTH COUNSELING

Access quality healthcare providers in the community in a new open network for mental health services.

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

Open to ALL Employees*
Standard/Choice: FREE
HDHP: Virtual Sessions FREE**
(970) 980-2425
www.1.marathon-health.com

*First 6 sessions are FREE
**In-person sessions are \$45

 **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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