



# SUPPORT FOR ANY SITUATION

When you need extra help, it's always a good idea to reach out and find support around you. Whether you're looking for short-term virtual care or you need help with ongoing concerns, there are plenty of resources to help you wherever you are.

## Not sure where to start?

Your HealthTeam features clinically trained mental health specialists who are here to provide support, education and referrals for any need.



**1-888-264-0749**

## GET SUPPORT NOW

**Feeling stressed or overwhelmed and need in-the-moment support?**

### Call the Emotional Health Line

Get 24/7 telephonic support from a team of master's-level specialists for stress, anxiety, work/life issues and more.

**1-800-385-3613**

**Need immediate support for you or a loved one?**

### Call the National Suicide Prevention Lifeline

If you or someone you know is experiencing suicidal thoughts, call the National Suicide Prevention Lifeline 24/7 at **988lifeline.org**

If this is an emergency or you think you may harm yourself, call **911**.

**Dealing with alcohol, opioid or other substance use issues?**

### Call the Substance Use Helpline

Get answers and support for you or someone you care about, 24/7.

**1-855-780-5955**

## LOOKING FOR THERAPY

**Want quick, 24/7 access to someone who can help with topics like child care, elder care, relationship challenges or the loss of a loved one?**

### Use Lyra

Lyra is your go-to for mental health support, including 25 confidential therapy or coaching sessions per calendar year at no additional cost.

**roche.lyrahealth.com**

**Need long-term support from a behavioral health professional?**

### Use UnitedHealthcare behavioral health for in-person or virtual visits

Licensed counselors, psychologists, psychiatrists and other mental health professionals are available for virtual or in-person appointments. A virtual therapy appointment is guaranteed within five days through UnitedHealthcare's preferred providers.

**myuhc.com/mental-health**

### Try Talkspace online therapy

Communicate with a licensed therapist for needs such as anxiety, depression, post-traumatic stress disorder (PTSD) and more all from the comfort of your home. Use your UnitedHealthcare health plan ID card to register at **talkspace.com/connect** or download the Talkspace app.

## PARENTING SUPPORT

**Looking for parenting tips and resources?**

### Turn to the Cleo Parenting Support Program

Get free access to parenting tips and resources from a Cleo Guide on topics such as parenting, sleep training, returning to work, childhood development and much more. Cleo also provides support for adult caregiving.

**hicleo.com**

**Interested in coaching support for raising kids, teens and young adults ages 1-25?**

### Try Bend Health Coaching

Bend can help with everything from the smallest questions and concerns to those bigger issues facing kids, teens, parents and guardians.

**bendhealth.com/coaching/roche**

**Does your child have a developmental disability?**

### Check out Rethink

Rethink can help you communicate with your child more effectively, decrease problem behaviors, teach crucial skills and help your child reach their full potential.

**1-800-714-9285**

**roche.rethinkbenefits.com** (access code: ROCHE)

**Want fast access to virtual, personalized support for kids, teens and families?**

### Brightline

Brightline provides personalized therapy, psychiatry and coaching via video visit for your kids, plus a one-stop digital platform to track progress, see appointments and check out expert-backed resources. Get started today at **helloworldbrightline.com/getstarted**

## ADDITIONAL RESOURCES

**Looking for on-demand programs and tools to help support your mental health and well-being?**

### Try meQuilibrium

Take part in this program designed to help you manage everyday stress, reduce burnout and focus on what's important. Find meQuilibrium in the App Store® or Google Play®.

**getmeq.com/roche**

### Make the connection with Calm Health

The Calm Health app provides programs and tools to help support your mental health and well-being — all at your own pace.

As a UnitedHealthcare member, Calm Health is included in your health plan and available at no additional cost.

**Visit [uhc.app/calm](https://uhc.app/calm), then download the Calm Health app (access code: UHC)**

