



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 In the Moment Care

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

1-888-264-0749

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**, then download the **Calm Health app** (access code: UHC)

