



# 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.

## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://helloworldbrightline.com/getstarted).

## 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**

## 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](http://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](http://uhc.app/calm), then download the **Calm Health app** (access code: UHC)



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