

Mental Wellbeing Guide



At USNH, we work hard to prioritize your mental wellbeing. We offer many resources for you and your family members to meet you where you are in your wellbeing journey. Explore this Mental Wellbeing Guide to learn more about the programs and support available to you and your loved ones all year long.

Did You Know?

1 in 5 American adults lives with a mental health condition.



50% of all lifetime mental illnesses begin at age 14.

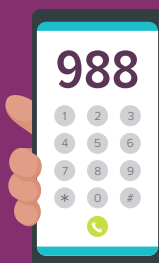
The average delay between the start of mental illness symptoms and treatment is 11 years.

11
YEARS

(Source: nami.org)

Don't Wait—Call 988 for Help in a Crisis

If you or a family member is experiencing a mental health crisis, immediately call 988. The Suicide & Crisis Hotline has licensed professionals available 24 hours a day, 7 days a week.



Make Our Employee Assistance Program (EAP) through Spring Health Your First Stop for Wellbeing Support

Spring Health

If you or a family member is struggling with physical, emotional, or financial wellbeing, our EAP, administered by Spring Health, is here to help, and available to **all employees and household family members**; you do not need to be enrolled in a USNH medical plan to use it.

Each employee and household member may receive **up to eight (8) therapy sessions** and an additional **eight (8) coaching sessions** per year, at no cost. In addition to counseling, Spring Health offers easy-to-use services and tools that support all aspects of mental health and work-life wellbeing, including an on-demand library of mindfulness and meditation exercises, Care Navigators who can help you find support for your whole life—from child care to legal assistance and everything in between. Spring Health also offers **alcohol and substance use support and tobacco cessation** for employees and loved ones ages 18+; whether you want to cut back or quit, explore a wide range of affordable options, including care from the comfort of your own home.

For 24/7 assistance, visit <https://usnh.springhealth.com> or call **855-629-0554**.

Mental Wellbeing Support Through Our Cigna Medical Plans

If you are enrolled in a USNH medical plan through Cigna, you and your covered family members have access to these mental wellbeing programs, designed to help you wherever you are in your wellbeing journey.

- Behavioral Centers of Excellence:** Consider Cigna’s in-network facilities when making the decision about where to get help. These facilities will help you get the highest quality care at a reasonable cost. Facilities are chosen for this group based on data—for example, patients who use substance use treatment facilities within the Center of Excellence are 71% less likely to be readmitted than if they use another out-of-network facility. If you know you need help but aren’t sure where to begin, a Behavioral Center of Excellence may be a good place to start.
- Coaching and support services:** Cigna’s coaching and support programs include help with substance and alcohol use, eating disorders, opioid and pain management, family support for diagnoses like autism, and more. Whether you have a one-time question or need ongoing support, these coaches are here to help you.

Additional Tools and Resources

Cigna also provides access to a wide array of third-party support to help you find mental well-being care to fit your specific personal situation. As you explore the resources available to you, ask yourself what kind of assistance you need. For example, are you looking for an app that can help you with guided meditation? Need to speak to a counselor on your own time from any location? Confused about where to start looking for a new therapist?

Take a look below at the many resources available. Unless noted otherwise, they are covered with the same cost-share or copay that your medical plan uses for other Behavioral Health services. To see your cost-share and copay options log in to mycigna.com and click “Find Care & Costs.”



Manage Stress with the Help of LinkedIn Learning

Stress doesn’t have to be a bad thing—in fact, a little bit of stress can be a good way to keep you focused, motivated, and excited. Dealing with stress is all about how you choose to manage it.

[Learn to handle stress in this LinkedIn Learning course from Headspace.](#) You’ll learn quick and easy exercises you can do from anywhere, anytime you need to take a step back from the day. Each mindfulness-based lesson is designed to help you feel more connected to your present moment—whether that’s at the office, home, or somewhere else entirely.

New to meditation? Not a problem. This course has a mix of video and audio exercises to guide you every step of the way, making it perfect for beginners.

Mental Wellbeing Support Through Our Cigna Medical Plans

Learn more about each resource to determine which one may be the best fit for you:

KEY

- V = Virtual capabilities C = Child and teen specialty
S = Substance use specialty N = No cost

Resource	Description	Contact
Affect Therapeutics S V	Break free from addiction with Affect Therapeutics' licensed and certified outpatient program that is convenient, discreet, and easy to use.	Visit: affecttherapeutics.com
Alma V	Use Alma's online support platform to find a list of recommended therapists that fit your personal needs and schedule in-person or virtual care.	Visit: Helloalma.com Email: care@helloalma.com
Bend Health C V	Find mental health coaching and therapy support for your kids, teens, and young adult children (ages 1 – 25).	Visit: bendhealth.com/covered
Bicycle Health S V	Receive a simple, proven, and private treatment plan for opioid addiction with medication-assisted treatment from Bicycle Health.	Visit: bicyclehealth.com/simple-proven-private Call: 628-529-0620
Brightside V	Brightside offers personalized anxiety and depression care from the comfort of your home, with evidence-based therapy, medication, and support of expert providers at every step.	Visit: brightside.com
Equip V	Find evidence-based eating disorder treatment in the comfort of your own home.	Email: join@equip.com Call: 855-387-4378
Grow Therapy V	Book an online, in-network therapy session and meet with a therapist within a couple days through Grow Therapy.	Visit: growtherapy.com Email: support@growtherapy.com
Happify N V	Alleviate stress and worry with science-based activities and games.	Visit: mycigna.com and click the "Emotional Health" tab
Headspace V	Access behavioral health coaching through text chats, self-guided activities, and video-based therapy on an as-need basis.	Visit: headspace.com
Headway N V	Use Headway to find the right in-network therapist for your specific needs. Headway uses personalized matching to find you a provider that has immediate availability.	Visit: headway.co
iPrevail N V	Learn how to boost your mood and improve mental health with on-demand, 24/7 coaching and personalized learning.	Visit: mycigna.com and click the "Emotional Health" tab
MDLIVE V	Connect with a U.S board-certified psychiatrist or counselor by phone or video for virtual counseling. You can also use MDLIVE for a host of other non-urgent health issues.	Visit: mdliveforcigna.com
Meru Health V	Participate in a personalized 12-week mental health care program with continuous support from a dedicated therapist and holistic wellbeing care.	Visit: meruhealth.com
Monument S V	Use Monument to access a holistic online alcohol treatment program, tailored to meet your personal goals.	Visit: joinmonument.com
NOCD V	Get help with Obsessive Compulsive Disorder (OCD) from therapists who specialize in Exposure and Response Prevention therapy, the most effective OCD treatment.	Visit: treatmyocd.com
Ria Health S V	Find one-on-one support through Ria Health, an innovative telehealth alcohol treatment program that uses medications, online counseling, and support to help members achieve lasting results.	Visit: riahealth.com
Rula C V	Rula matches you with a high-quality licensed therapist who's right for you based on what you're looking for (e.g., gender, race, specialty).	Visit: rula.com
Sondermind V	Use this platform to find the mental health professional that best fits your needs and access a variety of self-help articles and resources.	Visit: sondermind.com
Talkspace V	Connect with a dedicated, licensed therapist via private messaging (text, voice, video) or live video session for help with a wide range of behavioral conditions.	Visit: talkspace.com/cigna