

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

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

Spring Health

Each employee and household family 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 wellbeing, including an on-demand library of mindfulness and meditation exercises and 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+.

For 24/7 assistance, visit usnh.springhealth.com or call 855-629-0554.

Mental Wellbeing Support through Anthem Blue Cross Blue Shield (BCBS)



If you or a loved one needs help with a mental health issue, you're not alone. Through your Anthem BCBS medical benefits, you can find expert, compassionate, and confidential care—often at low or no cost. Access their wide range of programs and services online, on the phone, in person, or through video—whichever is most convenient for you.

Sydney Health Mobile App

Anthem BCBS's secure mobile app, Sydney Health, serves as an excellent connection point for mental health support. Use the Sydney Health app to:

- Find behavioral health professionals in your plan's network
- Check cost and what your plan covers
- Discover resources that support your well-being



Download the Sydney Health app at sydneyhealth.com. Set your account up today, so it's ready for you whenever you need it.

Total Health Connections

With Total Health Connections, you have access to a dedicated family advocate who will help you:

- Find a mental health provider that fits your needs
- Learn how your medical plan benefits support your mental health

Family advocates can also help with general health needs, such as finding a doctor or specialist, staying on top of preventive care, and managing chronic conditions. Connect with your family advocate through the [Sydney Health app](#) or by calling 844-614-3155.



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.

Behavioral Health Resource Center

A little bit of extra support makes a big difference when you're facing mental wellbeing challenges like anxiety, depression, eating disorders, or substance use.

Anthem BCBS's Behavioral Health Resources Center has caring experts who will work with you at no extra cost to find treatment programs and arrange confidential counseling and support services that meet your individual or family needs. The Center is available 24 hours a day, 7 days a week. Call 844-792-5141 to connect with an expert today.

Autism Spectrum Disorder Program

This no-cost program builds a support system for families of members on the autism spectrum and helps them understand care options. Anthem BCBS's specially trained case managers can help you find coordinate medical and community resources, including Applied Behavior Analysis (ABA) therapy. To learn more or speak with a case manager, call 844-269-0538.

Alcohol and Drug Support

If you or someone in your family is struggling with substance use disorder with alcohol or drugs, Anthem BCBS provides 24/7 support to help you get the care you need. Their experts can help you find care options that meet your specific situation and are covered under your medical plan. They'll also help you make arrangements, get a same-day referral, and manage the details so you can focus on getting the help you need.

Call 844-792-5141 anytime day or night to take the first step in your or your loved one's road to recovery.

Additional Mental Wellbeing Programs

Anthem BCBS also provides access to several third-party support programs to help you find the right mental wellbeing care for your specific personal situation. 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 into your account at anthem.com or call 844-614-3155. For more information about Anthem BCBS's behavioral health services, visit anthem.com/nh/behavioralhealth.

Program	Description	Contact	Depression	Anxiety	Family Conflict	Substance Use	Chronic Illness	Mood Disorders	Eating Disorders	Trauma	Grief	Obsessive Compulsive Disorder (OCD)	Gender Identity and Dysphoria
Aspire365	Personalized, at-home mental health and substance use treatment for people ages 12 and older	aspire-365.com	●	●		●				●			
InStride Health	Anxiety and OCD support for kids and teens	instride.health		●	●	●	●					●	
Aware Recovery Care	Long-term substance use treatment, including withdrawal management, medication-assisted treatment, and home care	awarerecoverycare.com				●	●						
Vita Health	Suicide intervention program that includes teletherapy and psychiatry services	vitahealth.care	●										
Headway	In-network mental health care for a variety of needs, from talk therapy to medication management	book.headway.co/anthem-bcbs	●	●	●	●	●		●	●	●	●	
Talkspace	Video, text, and phone counseling for individuals, teens, and couples that specializes in over 150 behavioral health conditions	talkspace.com/anthem	●	●	●		●	●	●	●	●		
Equip	Virtual eating disorder treatment, including co-occurring conditions like anxiety, depression, and OCD	equip.health								●			
Charlie Health	Virtual intensive therapy for children and teens who need a higher level of support	charliehealth.com	●			●	●	●	●	●	●	●	●
Valera Health	Therapy and medication management services for adults, children, adolescents, and teens	valerahealth.com	●			●	●	●	●	●	●	●	●
LiveHealth Online	24/7 virtual therapy from licensed professionals, including psychology for children age 10+ and psychiatry for adults age 18+	livehealthonline.com 888-542-3432 Sydney Health app	●	●	●	●	●				●		
Learn to Live	Emotional wellbeing support to help you live your happiest, healthiest lives, including access to an experienced coach and live or on-demand webinars	anthem.com or the Sydney Health app (Navigate to the My Health Dashboard , go to Featured Programs , and choose Emotional Wellbeing Resources)	●	●	●								