

**UnitedHealthcare Behavioral Health Resources**

**LiveandWorkWell.com** – website for UnitedBehavioral Health – you can search for clinicians; see your claims and coverage; self-help; and lots of other helpful information.

**Behavioral Health Virtual Visits**- Virtual visits offer real-time, audio/video-enabled sessions with a provider from the comfort of home, work or any other private location with internet connectivity. Behavioral health virtual visits deliver the same outcomes as in-person visits for many conditions, and meet the same standards of care set by the National Committee for Quality Association. You can use the same log in as your myuhc.com login. From here a member can also set up a “Telemental” health visit.

**Talkspace-**Talkspace is a provider group that offers members access to thousands of licensed therapists – 24 hours a day, seven days a week – who are fluent in over 30 languages across all 50 states. Talkspace utilizes technology to deliver behavioral therapy using virtual capabilities (e.g., live audio, video and in-app messaging).

**Sanvello app –** app offers clinical techniques to help dial down the symptoms of stress, anxiety and depression – anytime. Connect with powerful tools that can are there for people as symptoms come up. Stay engaged each day for benefits they can feel. Sanvello app is available at no extra cost as part of your behavioral health benefits.

**Free Community Resources for all employees and their families**

**Substance Use Treatment Hotline-** Call the Substance Use Treatment Helpline at 1-855-780-5955, 24 hours a day to speak with a substance use recovery advocate who will listen, provide support and develop personalized recovery plans. Call the number above or visit liveandworkwell.com/recovery to find care options and resources

**Psych Hub** - Optum is sponsoring 60 videos that are available for free on Psych Hub’s site for “all” employees to view <https://www.psychhub.com> .  The videos have evidence based content, mixed media and closed captioned.  The intent is to create an effective, engaging experience for learners. There are 30 videos for patients and 30 for providers.

* 3 minute videos intended for Patients and Providers
  + - **Patients**
      * Common Mental Health Symptoms
      * Evidence Based Therapeutic Interventions
      * Opioids
    - **Providers**
      * Communication Skills
      * Opioids

**SAMHSA’s National Helpline**, [1-800-662-HELP (4357)](tel:1-800-662-4357), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information

**Rehabilitation locations by State -** <https://addictionresource.com/addiction-and-rehab-hotlines/missouri-numbers/> A resource for each State depending on where the employee lives/works. This is important because they have offices all over the United States.

[**National Suicide Prevention Lifeline**](http://www.suicidepreventionlifeline.org/) - Provides help to those in suicidal crisis or emotional distress. Confidential help is available for free to all.

Call 1-800-273-8255

Available 24 hours everyday

They also have a “chat” feature on the web.