

Together, we can help spread awareness around mental health. Together, we can break the stigma.

United Healthcare Behavioral Health Resources

- [Sanvello](#): Self-help mobile app for stress, anxiety, and depression
- [TalkSpace](#): Mobile app with virtual access to 4000+ licensed therapists with the ability to begin therapy within hours of selecting a provider
- Online Self-assessments: [Depression Screening](#) and [Anxiety Screening](#)
- [Live and Work Well Program](#): Member portal with access to provider search, webinars, tools, all with the idea to reduce the stigma and promote the use of resources.
- Telephonic Personal Health Support, call the number on the back of your health plan ID card
- [Telehealth Emotional Support](#): Call 1 (866) 342-6892

Kaiser Permanente Behavioral Health Resources

- [Calm](#): Daily-use mobile app that uses meditation and mindfulness to increase mental health.
- [myStrength](#): A mobile app that offers personalized self-care programs based on the cognitive behavioral therapy model to help navigate life's challenges, make positive changes, and support overall wellbeing. myStrength provides interactive activities, daily health trackers to monitor progress, and in-the-moment coping tools.
- [Care at your convenience](#): Ability to see a therapist without a referral, video visits, online classes, support groups, and personalized plans, call 1-866-862-4295.
- [Telephonic Mental Health Counseling & Addiction Care](#) : Call 1 (866)530-8778

ComPsych | GuidanceResources EAP

- EAP Counseling (8) sessions with a counselor per issue per year. Also available to household family members.
- Guidance Resources Call 1 (855)286-1678
- Guidance Resources Online www.guidanceresources.com WebID: MNCPPC
- Mobile App: GuidanceResourcesNow

Internal & External Resources for ALL Employees

- [Psych Hub Videos](#): Educational video resources for understanding behavioral health
- Mental Health First Aid at Work Training
- [Total Brain](#): A self-monitoring and self-care brain performance platform to care for the mental health
- [Substance Use Helpline](#) Call 1 (855) 780-5955
- Optum's Mental Health Assistance Page www.optumeap.com
- Optum's Public Crisis Line Call 1 (866) 342-6892
- Maryland Crisis Hotline: Call 211, press 1
- NAMI Montgomery County Crisis Center Call 240- 777-4000
- Prince George's Crisis Response Call 301-429-2185
- Suicide Prevention Hotline/Textline Call 1 (800) 272-8255 or Text MHA to 741741
- National Suicide Prevention Lifeline Call 1 (800) 273-TALK (8255)

