

## Wellbeing Mental Health Resources

### **Mental/Behavioral Health:**

#### **Matrix online resources (all employees)**

You can register for webinars or view archived webinars through your member login at [www.matrixpsych.com](http://www.matrixpsych.com)

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the "Work & Family Resources" link to register

**Matrix-Counseling**-Employee Assistance Program (EAP): call (614) 475-9500 to make an appointment. Counseling (virtual/in-person): full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits.

**UHC-behavioral health benefit-** [www.myuhc.com](http://www.myuhc.com) (search under "Find Doctor" type in **mental health**) copay applies for PPO and deductible and Coinsurance applies for the HDHP.

**Mental Health America Ohio-pro bono counseling- (anyone) (614) 884-7227**

[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\)](http://mhaohio.org)

**NetCare Access** 614-276-2273 (Crisis)

**Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline** 800-985-5990 or text "TalkWithUs" to 66746.

**Ohio Crisis Line** – Mental Health Foundation Text "4HOPE" to 741-741

**National Suicide Prevention Lifeline (Link)** 800-273-8255 or Chat with Lifeline

**Veterans Crisis Line (VA)** 800-273-8255 or Text 838255

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