

# MENTAL HEALTH & WELL-BEING

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## LARIMER COUNTY RESOURCES

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# GUIDANCE·ACCESS·SUPPORT

## ALL EMPLOYEES/ DEPENDENTS

Cost: FREE  
1-800-272-7255  
www.guidanceresources.com  
Web ID: COM589

## EMPLOYEE ASSISTANCE PROGRAM, COMPSYCH

Personal issues, planning for life events, or simply managing daily life can affect your work, health, and family. The EAP provides support, resources, and information for personal and work/life issues.

**Benefits Include:** 6 free, face-to-face sessions per issue, 24/7 telephone access, web access.

## HIGH DEDUCTIBLE HEALTH PLAN MEMBERS ONLY

Cost: FREE  
1-800-835-2362  
Teladoc.com

## VIRTUAL BEHAVIORAL HEALTH COUNSELING, TELADOC

Access quality healthcare from the comfort of home. You can even get prescriptions sent to your local pharmacy, when medically necessary.

**Benefits Include:** Schedule a video or phone appointment, 7 days/week. Work with a licensed psychiatrist, clinical psychologist, social worker, counselor, or therapist for support with anxiety, depression, eating disorders, family issues, and more. No limit on the number of visits.

## SUREST MEDICAL PLAN MEMBERS ONLY

Cost: FREE

## VIRTUAL BEHAVIORAL HEALTH COUNSELING

Surest offers several virtual behavioral health counseling vendor options, including: Doctor on Demand, Alma, Able To, Talkspace and Bend Pediatric

Any virtual behavioral visit with an in-network provider is free.

## MEDICAL PLAN MEMBERS ONLY

Surest: \$15 copay  
HDHP: Deductible

## BEHAVIORAL HEALTH COUNSELING, SUREST/UMR

Access quality healthcare providers in the community who participate in the United Healthcare Choice Plus network for mental health services.

Whether you're dealing with grief, stress, anxiety, depression, relationship challenges, PTSD, eating disorders, substance abuse, or self-image, you can talk through what's bothering you with your counselor.

## MEDICAL PLAN MEMBERS ONLY

Surest: \$15 copay  
HDHP: Deductible  
1-888-322-0013  
FCCWellbeing.com

## BEHAVIORAL HEALTH COUNSELING, FAMILY CARE CENTER

FCC clinics provide patients with convenient access to a variety of highly trained clinical staff, including psychiatrists, psychologists, and therapists who work as a team to deliver the highest quality care.

**Medical Services Include:** Medication Management, Psychiatric Evaluations, and Medication Assisted Treatment of Substance Use Disorders.

**Therapy Services Include:** Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Child Play Therapy, Neurofeedback, and Other Evidence-Based Therapies.

COM  
PSYCH

  
TELADOC

UMR

surest

Family Care  
Center