

MENTAL HEALTH & WELL-BEING

LARIMER COUNTY RESOURCES



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.

Medical Plan Members ONLY
All Plans: \$0 Copay
1-800-835-2362
www.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.

Medical Plan Members ONLY
Standard/Choice: \$25 copay
HDHP: Deductible/Coinsurance
1-800-318-2023

BEHAVIORAL HEALTH COUNSELING, **MERITAIN**

Access quality healthcare providers in the community in a new open network for mental health services.

Benefits Include: Work with a provider for support with mental health and well-being. No limit on the number of visits.

Open to ALL Employees*
Standard/Choice: FREE
HDHP: Virtual Sessions FREE**
(970) 980-2425
www1.marathon-health.com

BEHAVIORAL HEALTH COUNSELOR, **THE WELLNESS CLINIC**

Confidential behavioral health counseling is available at the Wellness Clinic to help you and your family live happy, productive lives. Services are available to all Larimer County employees and their dependents age 12 and older who are enrolled in the county medical plan.

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 and your counselor will help you cope.

Medical Plan Members ONLY
Standard/Choice: FREE
HDHP: Deductible/Coinsurance
1-888-322-0013
www.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

