

# MENTAL HEALTH DIRECTORY

	RESOURCE	AVAILABILITY	TYPE OF SUPPORT	DESCRIPTION	WEBSITE
MAGELLAN - EAP	<b>EMPLOYEE ASSISTANCE PROGRAM (EAP)</b>	All Danone Employees	Multiple	Free, confidential services to help you and your household members manage everyday challenges and work on more complex issues. Site resources include: Self-Care Programs, Mental Health, Community Resources, Work-Life Services, Smoking Cessation, Financial Coaching, Identity Theft Resolution, Legal Assistance, Wellness Resources, Learning Events, Resiliency, Discount Center, Counseling, and Lifestyle Coaching. Free webinars. Eight free counseling sessions.	<a href="http://member.magellanhealthcare.com">member.magellanhealthcare.com</a>  Click 'Sign Up' if it will be your first time on the site.
	<b>MYSTRENGTH</b>	All Danone Employees	Behavioral Health	Improve your emotional health and wellness with NeuroFlow. A digital wellbeing workspace for learning, tracking and communicating, with evidence-based self-care, validated assessments, DCBT, digital tools/activities with gamification and clinical -grade content offered via mobile app and web. Focus areas include emotional wellbeing, anxiety, ADHD, chronic pain, depressive disorders, sleep, resilience, loneliness, nutrition and more.	
	<b>BETTERHELP</b>	All Danone Employees	Mental Healthcare	BetterHelp is the largest online counseling service providing an alternative form of traditional, in-person counseling. Visit <a href="http://BetterHelp.com/Magellan">BetterHelp.com/Magellan</a> to get started with BetterHelp before downloading the app. On Google Play and the App Store.	
CIGNA	<b>TALKSPACE</b>	All Enrollees	Mental Healthcare	An online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist from anywhere, at any time. With Talkspace, you can send unlimited text, video, and voice messages to your dedicated therapist via web browser or the Talkspace mobile app. Receive up to three free visits.	<a href="http://talkspace.com/cigna">talkspace.com/cigna</a>
	<b>GINGER</b>	All Enrollees	Behavioral Health	Ginger provides confidential coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry.  Through the Ginger app, you can chat via text with a trained behavioral health coach within seconds. Coaches are available on-demand, 24/7/365, and will help create a program tailored to their needs – all from the privacy of their smartphone. You will pay the same cost share as you would for a behavioral office visit, but only one per month. *NOW AVAILABLE IN SPANISH!"	<a href="http://ginger.com/cigna">ginger.com/cigna</a>
	<b>MERU</b>	Employees in CA, AZ, & CO	Mental Healthcare	Quick and confidential access to mental health support. 1) Challenge and change unhelpful cognitive distortions and behaviors. 2) Self-regulatory skills: mindfulness and breathing practices. 3) Education and coaching to improve sleep hygiene and quality. 4) The impact of nutrition on mood and brain health. 5) Track your stress levels with a wearable *Copay/Coinsurance & Deductible apply.	<a href="http://meruhealth.com/cigna">meruhealth.com/cigna</a>
	<b>GROW THERAPY</b>	Available in most States	Mental Healthcare	Find a therapist who meets your needs either in-person or virtually.	<a href="http://growtherapy.com">growtherapy.com</a>
	<b>NOCD</b>	Employees in CA, MI, & NC	OCD Assistance	Get connected with a licensed, OCD-trained therapist for live face-to-face video sessions online. Get support between sessions from personalized self-help tools and peer support communities.	<a href="http://nocd.com">nocd.com</a>
	<b>KADEN</b>	Employees in NY & NJ	Opioid Addiction Recovery	Kaden brings together the gold standard in Medication Assisted Treatment on a virtual platform (vMAT), allowing you to have your medical and therapy sessions online from your smartphone or PC	<a href="http://Kadenhealth.com">Kadenhealth.com</a>
	<b>SONDERMIND</b>	All Enrollees	Mental Healthcare	Makes it easier for people who are searching for a mental health professional to find licensed therapists who are available for video, text, and in-person sessions. -Get matched with a licensed therapist based on your needs. -Maintain the relationship virtually and/or in-person. -All ages accepted for multitude of conditions.	<a href="http://mycigna.com">mycigna.com</a>
	<b>MDLIVE</b>	All Enrollees	Mental Healthcare	MDLive's friendly therapists and psychiatrists are professional trained to use virtual technology to treat many non-emergency conditions such as anxiety, depression, stress, relationship issues, and more. -Connect privately via video or phone with a board-certified psychiatrist or licensed therapist. -Schedule visits at times that work for you, including evenings and weekends. -See the same provider each visit, or change whenever you'd like. - Have prescriptions sent directly to your local pharmacy."	<a href="http://mycigna.com">mycigna.com</a>

	RESOURCE	AVAILABILITY	TYPE OF SUPPORT	DESCRIPTION	WEBSITE
<b>CIGNA</b>	<b>HAPPIFY</b>	All Enrollees	Emotional Health	Science-based games and activities are designed to be effective and can be used anytime, anywhere, on your smart phone, tablet or computer. Small slices of time can make big-time changes. Happify's activities and games are based on over a decade's worth of academic research. Their program is designed to train people to disrupt patterns of negative thinking, manage stress, and build skills to overcome life challenges.*Stop negative thoughts *Reduce stress and anxiety *Build optimism and mindfulness *Gain confidence and self-esteem.	<a href="https://happify.com/Cigna">happify.com/Cigna</a>
	<b>EQUIP</b>	Employees in CA, NJ, NY, TX	Eating Disorders	Eating disorder treatment delivered at home with a dedicated 5-person care team	<a href="https://myCigna.com">myCigna.com</a>
	<b>BRIGHTSIDE ANXIETY AND DEPRESSION</b>	Employees in AL, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MO, MS, NC, NE, NH, NJ, NM, NV, NY, OH, PA, SC, TN, TX, UT, VA, WA, WI, WV	Anxiety and Depression	Personalized anxiety and depression care from the comfort of home with evidence-based therapy, medication, and support of expert providers.	<a href="https://myCigna.com">myCigna.com</a>
	<b>MONUMENT</b>	Employees in NY, NJ, CA, FL, PA, CT, GA, SC, WA, OR, VA, CO, DC, TX, KY, IA, AZ, OH, MS, MD	Alcohol Treatment	Online alcohol treatment program where our customers will be able to access virtual therapy, medication management/education and online community & group support.	<a href="https://myCigna.com">myCigna.com</a>
	<b>IPREVAIL</b>	All Enrollees – No Cost	Resilience	Digital self-guidance tool to help increase resilience."	<a href="https://myCigna.com">myCigna.com</a>
	<b>PATH</b>	Employees in CA, FL, GA, IL, NC, NV, NY, OH, TX, VA	Behavioral Health	Path's mission is to treat behavioral health with the same respect, rigor, and focus as other chronic diseases.	<a href="https://myCigna.com">myCigna.com</a>
	<b>BICYCLE HEALTH</b>	Employees in AL, AZ, CA, CO, CT, FL, IA, IL, MA, MD, ME, MI, MT, NC, ND, NE, NM, NV, PA, TX, VA, VT, WA, WI, WY	Opioid Use	Bicycle Health offers Medication for Addiction Treatment (MAT) to help patients stop their opioid use.	<a href="https://mycigna.com">mycigna.com</a>
<b>KAISER</b>	<b>CALM APP</b>	Meditation	Mental Healthcare	App for meditation, mental resilience and sleep, stretches to relax your body, meditative music and relaxing animated scenes.	<a href="https://healthy.kaiserpermanente.org">https://healthy.kaiserpermanente.org</a>
	<b>MYSTRENGTH</b>	All Enrollees	Mental Awareness	App to improve awareness and change behaviors - mindfulness, meditation, programs for depression, stress, and anxiety - tools for setting goals	
	<b>FINDYOURWORDS</b>	All Enrollees	Kids Mental Health	Assistance and guidance with talking to your child about their emotional well-being. Helping a child or teen with mental health rests on three pillars: take care, talk often, and act early. Text "words" to 741741. The site also offers a Support Center link with resources for adult needs including Suicide & Crisis Support, Military/Veterans, Sexual Assault Hotline, Postpartum Support and more.	<a href="https://findyourwords.org">https://findyourwords.org</a>
	<b>HEADSPACE CARE</b>	All Enrollees	Mental Healthcare	Headspace Care offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. Coaches are available 24/7 by text without a referral at no cost.	<a href="https://healthy.kaiserpermanente.org">https://healthy.kaiserpermanente.org</a>
<b>SELECTHEALTH</b>	<b>INTERMOUNTAIN HEALTH</b>	All Enrollees/ Utah	Psychiatric and Detoxification Services	Safe, walk-in centers for individuals to go who have depression, anxiety, substance abuse, or other mental health issues who are in need of immediate help. The Access Center triage patients in crisis, providing crisis treatment, observation, and fast access to mental health treatment. Patients receive treatment right away from licensed behavioral health professionals, ensuring placement at the appropriate level of care, reducing overall costs, and providing the immediate care the patient needs.	<a href="https://selecthealth.org/wellness">https://selecthealth.org/wellness</a>
	<b>CONNECT CARE</b>	Behavioral Health	All Enrollees/ Utah	Virtual (video visits) for Mental Health Care now available through Connect Care. The service is available from anywhere in Utah or Idaho (only) via the My Health+ mobile app and the My Health+ website. Receive the same quality care for mild to moderate conditions for anxiety, depression, addiction, and more. Appointments are available from 7am to 7pm daily – including same day appointments.	<a href="https://intermountainhealthcare.org/accessing-care/telehealth/connect-care/behavioral-health">https://intermountainhealthcare.org/accessing-care/telehealth/connect-care/behavioral-health</a>