

MENTAL HEALTH RESOURCES

Now more than ever, people at all levels of your organization need support for their mental health. This is a moment in time that reminding your employees you care and want to support them can be critical. Our team has curated the following resources for your organization and employees.



For Employees and Individuals

Employee Assistance Program (EAP)

If your offer an Employee Assistance Program, insurance carriers are currently extending those services to members through their health plans at no extra cost. An EAP can help employees with stress and anxiety, as well as care giving needs and financial and legal support. When promoting these tools, be sure to note if family members can participate. Contact your account team if you're unsure which benefits you have. The following insurance carriers have broadened their service scope for full insured and self-funded health plans: Anthem, United Healthcare, UMR, Meritain and Principal Financial Group.

Mental Health Videos and Webinars

- FirstPerson videos: [Identifying Stress, Your Workspace, Practicing Gratitude](#) (2-3 minutes each)
- [Protecting Your Mental Health During COVID-19 Webinar](#) (30 minutes)
- Refuel + Recharge: A 10-week virtual mental wellness series in partnership with EDGE Mentoring on topics such as isolation and loneliness and how to manage your own mental well-being. Register [here](#) for free. Sessions are hosted Wednesday evenings at 8:00 pm EDT.

Therapy Resources

- Calm: Free resources such as meditations, sleep stories, movement exercises, journals and music. Discover more at www.calm.com/blog/take-a-deep-breath.
- Talkspace: Free therapy for healthcare workers, free Facebook support group, and \$65 off services. Additional support at www.talkspace.com/blog/coronavirus.
- 7 Cups: Free 24/7 chat with trained volunteers for emotional support. Confidential online therapy and counseling is available for \$150/month. Learn more at www.7cups.com.



For Employers and Managers

- Article: [Using the SCARF Model to Lead through COVID-19](#)
- Telehealth: Virtual care, such as Teledoc and LiveHealthOnline, may be offered through your health plan. If your plan doesn't offer telehealth, LHO Psychology is another resource available to offer.
- Mental Health First Aid Training for Managers: Equip managers with the understanding, tools and best practices to support their employees' mental well-being. For more information, contact Kristen Campbell at kcampbell@firstpersonadvisors.com.

Increase mental health initiatives at your organization.

Contact our team today to learn how.

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FIRST PERSON