

You Are Not Alone

Get support whenever you need it.

Burnt out? Overwhelmed? Worried about someone you love?

ELCA-Primary health benefits provide you and your covered family members with immediate access to mental health support. Don't wait to get help!



When you need help now, call EAP

Your Employee Assistance Program (EAP) offers confidential 24/7 support to you and anyone in your household at **no additional cost**. With this, you get six counseling sessions per year, per issue, with master's-level counselors. Get the help you need for life changes, stress, grief, depression, or issues with relationship, substance use, or sleep.

One counseling session =

- One phone appointment, or
- One live video or audio Talkspace appointment, or
- One week of unlimited text or video messaging with a counselor via Talkspace

Call: 833.413.7678
(833.413.PORT)



Don't know where to start?

Your Quantum Health Care Coordinators can help you understand what's covered* by your ELCA-Primary mental health benefits, including:

- Benefit offerings available to you
- A list of in-network mental health and primary care providers in your area
- How to get prior authorization for more intensive or inpatient care

Call your Quantum Health Care Coordinators at 877.851.5656.



For a self-paced approach

Whether you're managing ongoing mental health challenges or simply looking for extra support for you and your covered family members (ages 13 and up), try Learn to Live, our **no additional cost** online mental health program.

Learn strategies for managing your stress, social anxiety, depression, insomnia, or substance use at your own pace.

Use the QR code below to learn more.



When you want to explore and learn

Deepen your knowledge with our faith-based educational platform, the Being academy. Videos, webinars, and podcasts feature experts who discuss mental health topics like beating burnout, navigating anxiety, and managing grief.

Use the QR code below to learn more.



TAKE CHARGE OF YOUR MENTAL HEALTH TODAY!

portico.ws/MentalHealthPrograms

*Deductibles, coinsurance and copays vary. Don't forget that your HSA or FSA can help with these expenses.

Eligibility for any benefit will be governed by the terms of the applicable plan and its related program or policy terms.