

Looking for support? Resources for your mental health and well-being are closer than you think.

Recognizing that today's world has more pressures than ever, it is important to know you have help available in different ways. We want to support you, and your family members, as much as possible. Here are some of the resources you can access.



Employee Assistance Program (EAP)

As a Holy Cross employee, [KGA](#) offers you confidential assistance related to a variety of issues. Services available include short-term counseling, financial guidance, grief support, financial stress, and other work and personal issues. Look on our [Benefits and Wellness webpage](#) for more information or contact hrbenefits@holycross.edu.



Care with a Participating Provider

Through your health plan, you have access to mental health and substance abuse providers, including individual sessions from social workers, psychologists, and psychiatrists, as well as group therapy. If you receive healthcare coverage through our school, visit www.harvardpilgrim.org and click on "Find a provider." Click "Behavioral Health," then select the type of behavioral health provider (e.g., Psychiatry or Mental Health Counselor).



Doctor on Demand – Telehealth Visits

With this virtual care option, you can access routine behavioral health support for many issues such as depression, relationship issues, workplace stress, social anxiety, addiction, trauma, and loss. Get details and set up an account at www.doctorondemand.com.



Same-day Virtual Care Access with Talkspace

This digital therapy service, available through an arrangement that Harvard Pilgrim has on members' behalf, lets you connect to a licensed therapist in your state via online secure digital messaging. Talkspace offers a convenient way to access outpatient therapy. Visit www.talkspace.com/connect to get started.



Online Support through the Sanvello App

Through your health plan's partnership with Optum, you have access to the Sanvello mobile app. You have access to self-care, peer support, coaching, and therapy for symptoms such as stress, anxiety, and depression. You can access the app by downloading it or visiting www.liveandworkwell.com. To browse as a guest, use the access code: **HPHC**.

24/7 Support is Available

For non-emergent, routine behavioral health treatment issues, please contact your behavioral health provider. If you have more urgent questions about finding treatment or a behavioral health provider, please call the Behavioral Health Access Center at **(888) 777-4742**. Licensed care advocates answer calls around the clock, seven days a week.

Your health and well-being should be your top priority. As always, if you are experiencing a crisis or emergency, you should always call 911 or go to the nearest emergency facility right away.

NEW for 2022 open enrollment! Use MyHealthMath to reduce the stress of choosing which health plan option is right for you. This new Decision Doc tool helps you compare your plan options so you can determine the best-value health plan for your personal needs. It's confidential and takes just a few minutes. Learn more in our [2022 Benefits Guide](#) or visit [Decision Doc \(myhealthmath.com\)](http://Decision Doc (myhealthmath.com)) to access the tool directly.