

RECEIVE CONFIDENTIAL SUPPORT KNOW YOUR MENTAL HEALTH RESOURCES

Balancing life's many demands can be challenging. At American Furniture Warehouse, we want to make sure our employees are feeling their best. Mental health is an important part of overall health. This flier might help you understand what mental health options are available.

RESOURCES AVAILABLE TO YOU

Unum

This plan offers confidential, online/phone support 24/7. You can get up to 3 visits at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support. A licensed counselor can help you with:

- Stress, depression, anxiety
- Relationship, family, parenting issues
- Job stress, work conflicts
- Life transitions
- Anger, grief and loss
- Referrals for additional treatment, as needed
- And more

Call 800-854-1446 (multi-lingual) or visit www.unum.com/lifebalance

Kaiser Permanente

Your mind and body are connected. You deserve care that supports your total health. Connect with us day or night to make an appointment or get advice on the following:

- Depression
- Anxiety
- Addiction
- Or other mental or emotional issues

Visit <https://healthy.kaiserpermanente.org/health-wellness/mental-health.html> to find help in your area. Telehealth visits with Kaiser Permanente are covered with no cost to the member.

Self-care apps for your everyday life

Everyone needs support for total health — mind, body, and spirit. These wellness apps can help you navigate life's challenges, and make small changes to improve your sleep, mood, relationships, and more. It's self-care made easy, designed to help you live well and thrive.

Visit <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital> to access to free apps included with your coverage Calm, Ginger, and myStregnth at no additional cost to Kaiser members.

Aetna

If you're in need or caring for someone who is, you can turn to us for information, inspiration and support when you're ready. Whatever you're facing, you're not in this alone. Aetna can help you with:

- Anxiety
- Depression
- Mental or emotional support

Visit <https://www.aetna.com/individuals-families/mental-emotional-health.html> for support.

For Aetna members, mental health visits through Teladoc are covered with no cost to the member. Visit <https://www.teladoc.com/aetna/> to sign in and receive support.

IMPORTANT FACTS ABOUT MENTAL HEALTH

- **You do not need a referral for mental health services:** You can access support without the referral of a doctor and it is completely confidential.
- **Your personal doctor is your biggest advocate:** You don't have to go through them, but they can help connect you with the best resources and support.
- **Seeking treatment doesn't always mean medication:** Oftentimes, members don't seek treatment because they are afraid to be put on medication. This isn't always the case. There are other options through counseling and support groups to name a few.
- **You're Not Alone:** Nearly one in five U.S. adults lives with a mental illness (52.9 million in 2020)¹. If you're in need of support, don't hesitate to seek help.

This communication is intended to provide you with highlights of services provided by our insurance plan administrator. It is not intended to address all details. For further details on these services, please contact the plan administrator.

1. 2020 NSDUH by the Substance Abuse and Mental Health Services Administration.

