

# A MANAGER'S GUIDE TO EMPLOYEE MENTAL HEALTH

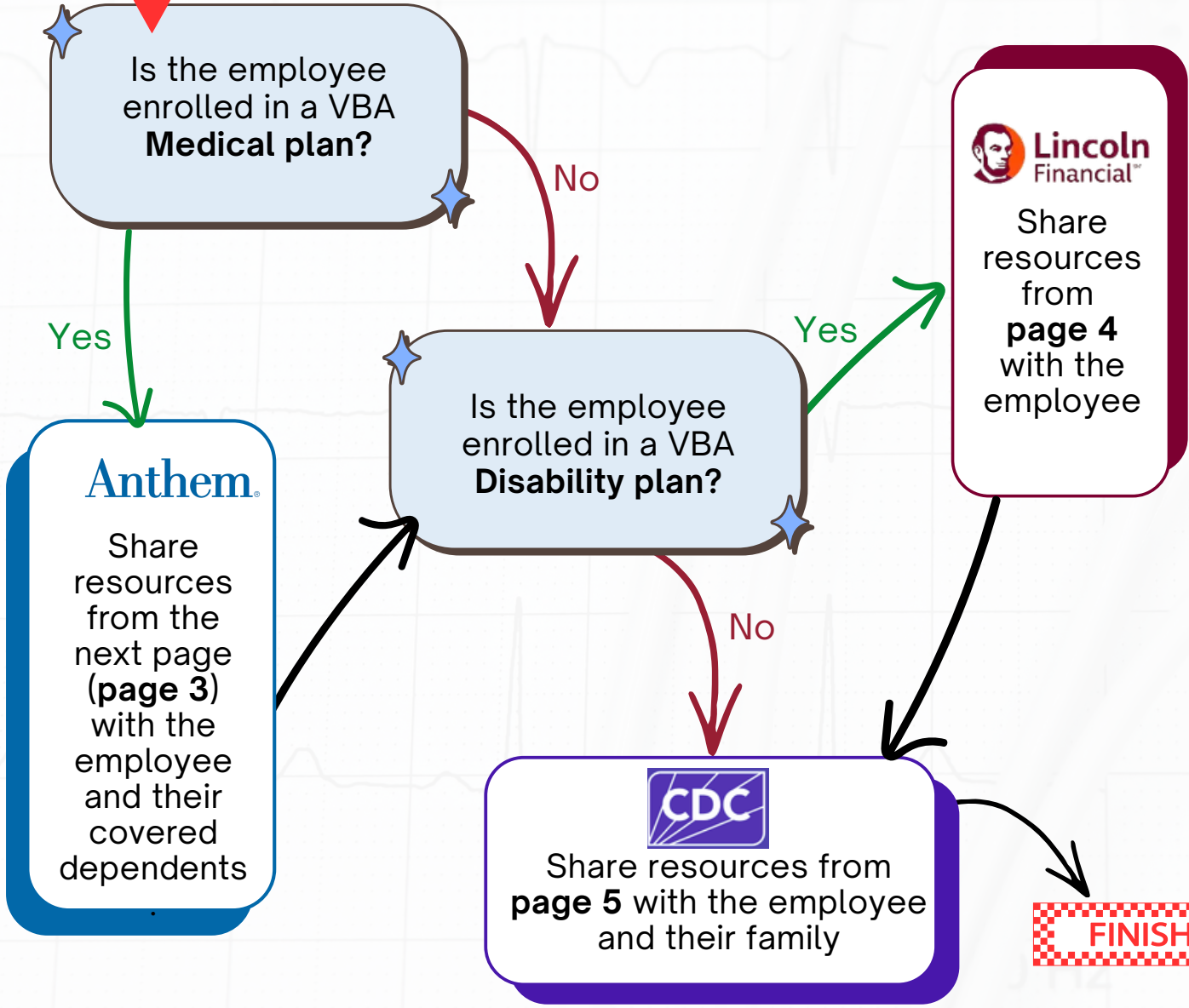


# REMEMBER YOUR RESOURCES WHERE TO GET HELP

Through simply caring and connecting, we can support each other and improve the emotional health of our teams. When more help is needed, we offer a number of benefits that can provide support when you or a colleague is in distress:



**START  
HERE**



**Anthem**

Share resources from the next page (page 3) with the employee and their covered dependents

**Lincoln  
Financial**

Share resources from page 4 with the employee

**CDC**

Share resources from page 5 with the employee and their family

**FINISH**

If the employee is covered by a **VBA Medical Plan**, share these resources from

# Anthem.

**Inpatient & outpatient services are covered.**

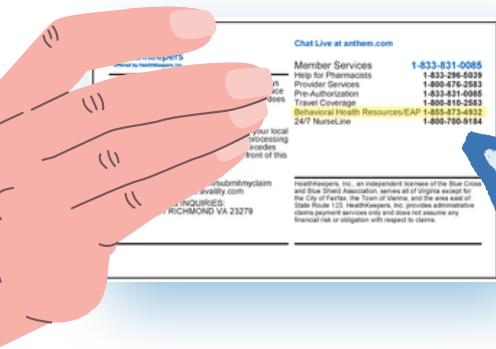
Covered services include diagnosis and treatment for mental health or substance use disorder conditions. Employees pay any applicable deductibles, coinsurance or copays based on their specific medical plan. Medical Summary of Benefits and Coverage and Certificate Booklets can be found [here](#).

3

Visits for **virtual in-network behavioral health** providers are **covered at 100%**

Some specialty exclusions may apply

**DID YOU KNOW?**



To find the right care, the employee may contact **Anthem's 24/7 Behavioral Health Resources:**

**1-855-873-4932**

**Note:** This number is listed on the back of their medical card

## DID YOU KNOW?



Employees can access provider networks through the **Sydney app!**

Or call your **Family Advocate** 833-831-0085.

## Additional Free Resources Include:

### LiveHealth Online Psychology & Psychiatry

Online short-term counseling sessions to address work/life balance.

### Employee Assistance Program (EAP)

Call 800-346-5484 or visit [anthem.com](#) and enter **code: VBA** Receive up to 4 free in-person visits per issue, per year.

If the employee is covered by a **VBA Disability Plan**, share these resources from



### **Employee Assistance Program (EAP)**

Employees covered under the VBA's Long-Term Disability plan through Lincoln Financial Group are eligible for their EAP. Confidential counseling 24/7, 365 days a year for employees and their families.

[Click here to access the employee flyer.](#)



### **Short-Term & Long-Term Disability**

Coverage provides employees with a weekly or monthly benefit if they are unable to work due to an illness or injury, including mental health conditions. Easily report and check the status of a claim through [Lincoln Financial Group's dedicated secure website](#) (company code: VBABENEFITS).

**All employees and their families** have access to National Mental Health resources, regardless of benefit coverage.

# NATIONAL RESOURCES



## 988 Suicide & Crisis Lifeline

Call or text 988 or chat online for 24/7 confidential support.



## Veterans Crisis Line

Call 988, text 838255, or chat online for confidential support.



## Disaster Distress Helpline

Call or text 1-800-985-5990 for emotional support.



## National Sexual Assault Hotline

Call 800-656-4673 for 24/7 support for survivors and loved ones.



## National Domestic Violence Hotline

Call 800-799-7233 for confidential support and resources.



## National Child Abuse Hotline

Call 800-422-4453 for crisis counseling and support for child abuse cases.

For additional resources, please visit the [CDC's Mental Health Resources page](#)