

# MENTAL HEALTH RESOURCES



## For yourself and your dependents

At Firsttrust, we understand that mental wellness is as important as physical health. Please reference the below chart to identify resources that could meet you or your family's needs.



**IMPORTANT NOTE:** The resources below are intended for non-emergency treatment and care. If you or someone you know is in crisis, call or text **988** or chat online at [www.988lifeline.org](http://www.988lifeline.org).

I NEED...

### IN-PERSON CARE

For myself or my dependent(s)

NO

Covered under a Firsttrust medical plan?

YES

#### Therapy / Psychiatry

- **Independence's Provider Network:** Find network doctors throughout the US
- **Spring Health:** Member ages 6+ can receive talk therapy and medication management for common concerns and moderate to severe conditions.

#### Counseling / Depression Screening

- **Independence's Customer Care Advocates:** Call the number on the back of your ID card under Mental Health/Substance Abuse to reach specially-trained advocates who can screen for behavioral health conditions, and connect you to care that best suits your unique needs

#### Support for Health Care Workers

- **Marvin Behavioral Health:** Talk therapy services and support specifically for healthcare employees ages 18+

*Not on a Firsttrust medical plan?  
The following resource is available:*

- **AllOne Health Employee Assistance Program (EAP):** AllOne Health EAP is a confidential mental health and work-life benefit provided by Firsttrust at no cost to you. Access free consults and short-term counseling 24-7 via phone, email, chat, or digital tools. To get started, download the AllOne Health EAP app, visit [allonehealth.com/portal](http://allonehealth.com/portal) or call **800.451.1834**.

### VIRTUAL CARE

For myself or my dependent(s)

NO

Covered under a Firsttrust medical plan?

YES

#### Tele-therapy / Tele-psychiatry

- **Independence's Tele-Provider Network:** Connect with a licensed health care professional by phone or video chat, for the same cost as an in-office behavioral health visit. Locate a provider by calling the number on the back of your ID card under Mental Health/Substance Abuse.
- **Teladoc Mental Health Care:** Access to trusted professionals who can help you manage stress, anxiety, grief, depression, and more. Call **800.835.2362**, download the mobile app or visit [www.teladochealth.com](http://www.teladochealth.com) to get started.
- **Quartet Medical:** Care for ongoing conditions, including bipolar disorder and major depression. Call **833.258.8498** for more information
- **Headway:** Supports a wide array of common conditions and ongoing conditions like depression and bipolar disorder for members ages 6+
- **Marvin and Spring Health** are also available as virtual services

#### OCD Care

- **NOCD:** Specialty therapy for individuals ages 5+ with OCD
- **InStride Health:** Medication management, talk therapy, CBT, exposure coaching, patient skills, and family groups for young adults ages 7-22 with a primary diagnosis of OCD or anxiety.

#### Eating Disorder Care

- **Equip:** Support from a care team that includes a therapist, dietitian, medical provider, and peer support specialist.